

DINNERLY



Italian-Style Meatballs with Spaghetti & Green Beans



30-40min



2 Servings

If you had one pot or one opportunity. To eat all the spaghetti in one sitting. Would you capture it or just let it slip through your fork? You better lose yourself in mom's spaghetti, it's ready. You better never let it go. That's what Eminem meant, right? We've got you covered!

WHAT WE SEND

- 8 oz tomato sauce
- ¼ oz granulated garlic
- ¾ oz Parmesan ²
- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 1 oz panko ³
- 6 oz spaghetti ³

WHAT YOU NEED

- kosher salt & ground pepper
- sugar
- large egg ¹
- olive oil
- butter ²

TOOLS

- large pot
- microplane or grater
- medium nonstick skillet
- rimmed baking sheet

ALLERGENS

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 990kcal, Fat 41g, Carbs 95g, Protein 51g

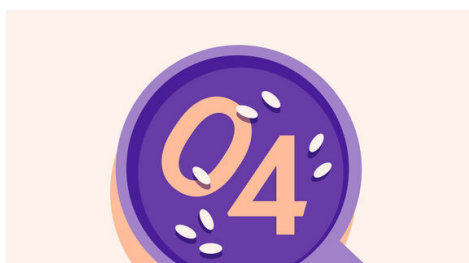


1. Prep ingredients & sauce

Bring a large pot of **salted water** to a boil over high heat.

In a medium bowl, stir to combine **tomato sauce**, ¼ **teaspoon granulated garlic**, 1 **cup water**, and ½ **teaspoon sugar**; season to taste with **salt** and **pepper**. Set aside until step 3.

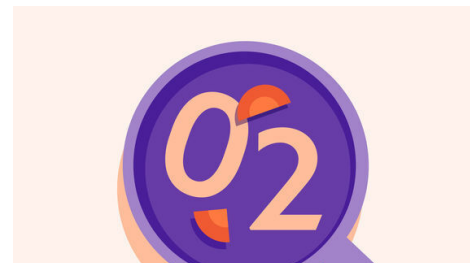
Finely grate **Parmesan**, if necessary. Trim stem ends from **green beans**.



4. Cook pasta

While **meatballs** cook, preheat broiler with a rack in the top position.

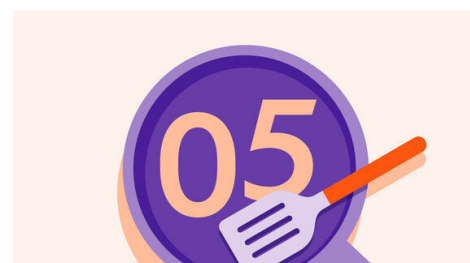
Add **pasta** to pot with boiling **salted water**; cook, stirring occasionally to prevent clumping, until al dente, about 8 minutes. Drain and return to pot off heat; cover to keep warm.



2. Prep meatballs

To a medium bowl, add **beef**, 1 **large egg**, ¼ **cup panko**, ½ **teaspoon salt**, and **several grinds of pepper**. Knead gently to combine. Shape into 8 meatballs.

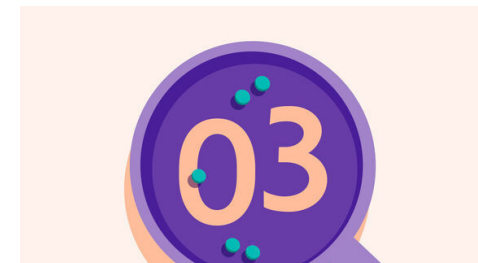
Heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until cooked through, 12–16 minutes.



5. Broil green beans & serve

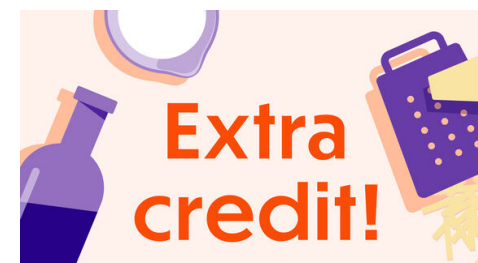
On a rimmed baking sheet, toss **green beans** with 2 **teaspoons oil**. Season with **salt** and **pepper**. Broil on top oven rack until crisp-tender and browned in spots, about 5 minutes.

Serve **spaghetti** topped with **meatballs and sauce**. Drizzle with **oil** and sprinkle **Parmesan** over top. Serve **green beans** alongside. Enjoy!



3. Simmer sauce

Discard **any excess oil**, then add **tomato sauce mixture** and 1 **tablespoon butter**. Bring to a simmer and cook, stirring and spooning sauce over meatballs, until sauce is thickened and meatballs are warmed through, 5–7 minutes.



6. Check us out!

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