

DINNERLY



Chicken Meatball Parm with Spinach Salad & Garlic Croutons



30min



2 Servings

Tonight's forecast: Cloudy with a chance of saucy chicken meatballs followed by heavy showers of Parmesan. We've got you covered!

WHAT WE SEND

- 2 Portuguese rolls ³
- ¾ oz Parmesan ²
- ½ lb uncased Italian chicken sausage
- 1 oz panko ³
- 8 oz tomato sauce
- 1 pkt balsamic vinaigrette
- 5 oz baby spinach

WHAT YOU NEED

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

TOOLS

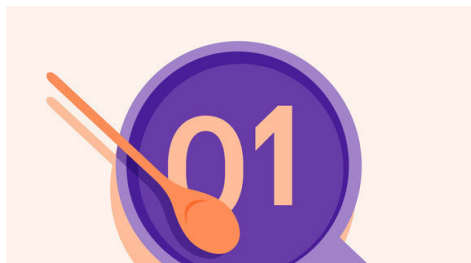
- box grater or microplane
- medium ovenproof skillet

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 800kcal, Fat 50g, Carbs 50g, Protein 40g



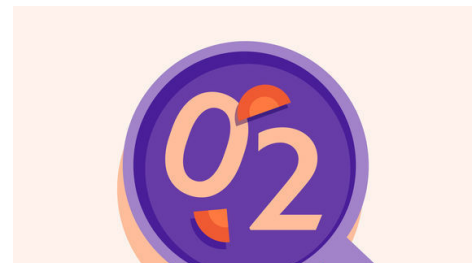
1. Make garlic croutons

Preheat oven to 450°F with a rack in the upper third. Finely grate ½ **teaspoon garlic**. In a small bowl, combine ¼ **teaspoon of the garlic** with 1 **tablespoon oil**; season with **salt** and **pepper**. Halve **rolls** lengthwise; brush cut sides with garlic oil. Cut into 1-inch pieces and place on a piece of foil. Bake on top rack until golden and crisp, 3–5 minutes.



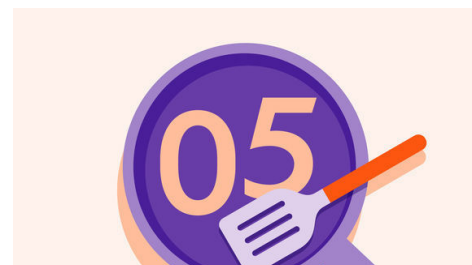
4. Make sauce

Reduce heat to medium. Add **tomato sauce**, ⅓ **cup water**, 1 **tablespoon butter**, and **remaining ¼ teaspoon garlic** to **reserved oil** in skillet; season with **salt** and **pepper**. Return **meatballs** to skillet; cook, turning occasionally, until sauce is slightly thickened and meatballs are cooked through, 4–5 minutes.



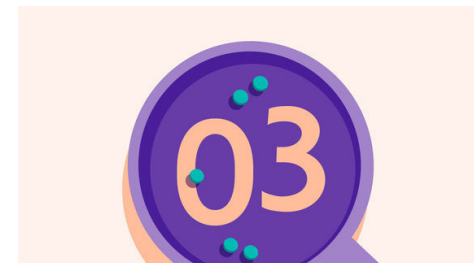
2. Shape meatballs

Meanwhile, finely grate **Parmesan**, if necessary. In a medium bowl, combine **chicken sausage**, **panko**, 1 **large egg yolk**, ¼ **cup of the Parmesan**, ½ **teaspoon salt**, and **a few grinds of pepper**. Shape chicken mixture into 6 **meatballs**.



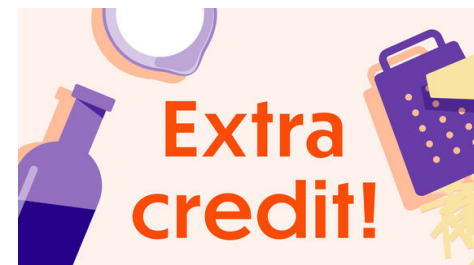
5. Finish & serve

Switch oven to broil. Top **meatballs** with **remaining Parmesan**. Broil on upper oven rack until **cheese** is melted and golden in spots, 1–2 minutes (watch closely). To a medium bowl, add **balsamic vinaigrette**, **spinach**, and **croutons**; toss to combine. Serve **chicken Parm meatballs** with **spinach salad** alongside. Enjoy!



3. Cook meatballs

Heat 2 **tablespoons oil** in a medium ovenproof skillet over medium-high. Add **meatballs** (be careful of oil splatter), turning occasionally, until browned all over, 6–7 minutes (meatballs will not be cooked through). Transfer to a plate. Discard **all but 1 tablespoon oil** in skillet and return to stovetop.



6. Mix things up!

Instead of croutons, turn your rolls into garlic bread. Chop 2 **teaspoons** of the **remaining garlic**. Split rolls and brush cut sides with oil. Transfer to a rimmed baking sheet, cut sides up; sprinkle with chopped garlic and 1 **tablespoon** **grated Parmesan**; season with **salt** and **pepper**. Bake on center oven rack until golden and crisp, 5–7 minutes.