

DINNERLY



Rigatoni & Meatballs with Spinach & Parmesan



20-30min



2 Servings

This dinner is proof that you don't need to spend your whole day cooking a pot of red sauce to enjoy a delicious bowl of pasta and meatballs. The meatballs are pan-fried to golden-brown perfection, then combined with sautéed onions, spinach, and al dente pasta. We top it all with finely grated Parmesan for a guaranteed, "Mamma mia!" We've got you covered!

WHAT WE SEND

- 1 red onion
- $\frac{3}{4}$ oz Parmesan ²
- 5 oz baby spinach
- 1 oz panko ³
- 10 oz pkg grass-fed ground beef
- 6 oz rigatoni ³

WHAT YOU NEED

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

TOOLS

- large saucepan
- microplane or grater
- large nonstick 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 900kcal, Fat 33g, Carbs 88g, Protein 50g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Meanwhile, finely chop **2 teaspoons garlic**. Halve and thinly slice **onion**. Finely grate **Parmesan**, if necessary. Coarsely chop **spinach**.



2. Season & shape meatballs

In a medium bowl, combine **panko**, **1 large egg**, **1 teaspoon of the chopped garlic**, $\frac{1}{2}$ **teaspoon salt**, and $\frac{1}{4}$ **teaspoon pepper**. Add **beef** and gently knead or stir to combine. Evenly divide mixture to form **10 meatballs** (slightly moisten hands if sticky).



3. Cook meatballs

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **meatballs** and cook, turning once or twice, until browned and nearly cooked through, 5–7 minutes. Stir in **onions** and cover. Reduce heat to medium and cook, stirring occasionally, until onions are softened, about 5 minutes.



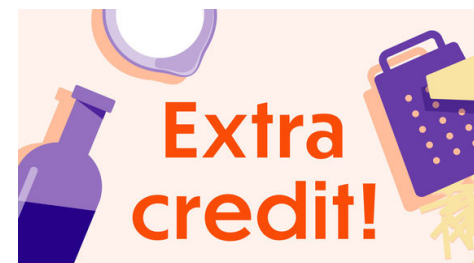
4. Cook pasta

While meatballs cook, add **rigatoni** to boiling water and cook until al dente, 8–10 minutes. Reserve $\frac{1}{2}$ **cup pasta water**, then drain pasta.



5. Finish & serve

Stir **spinach** and **remaining garlic** into skillet with **meatballs**; cook until spinach is wilted, about 1 minute. Add **pasta**, **reserved pasta water**, and **1 tablespoon butter**; cook, stirring, 1 minute. Stir in **half of the Parmesan** (in large pinches to avoid clumping). Drizzle **rigatoni and meatballs** with **oil**. Sprinkle **pepper** and **remaining Parmesan** on top. Enjoy!



6. Make it ahead!

To save time at dinner, mix and form the meatballs (through step 2) in the morning, then store them in an airtight container in the fridge until you're ready to cook!