

DINNERLY



Chicken Marinara Meatballs with Parmesan

Quick & Easy Protein!



ca. 20min



2 Servings

These chicken meatballs are practically begging to be blanketed under rich marinara sauce and a cloud of grated Parmesan. Use this main component to build out your meal by adding sides like broccoli, green beans, or a chopped salad. Need a carb? Serve it with crusty bread or even over rice! We've got you covered!

WHAT WE SEND

- 10 oz pkg ground chicken
- ¼ oz Tuscan spice blend
- ¾ oz Parmesan ¹
- 1 oz panko ²
- 8 oz marinara sauce

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- microplane or grater
- medium ovenproof skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 290kcal, Fat 8g, Carbs 18g, Protein 38g



1. Prep ingredients

Preheat broiler with a rack in the center. Lightly oil a medium ovenproof skillet.

Finely grate **Parmesan**, if necessary.

In a medium bowl, mix to combine **chicken**, **Tuscan spice blend**, **half of the Parmesan**, **⅓ cup panko**, **1 teaspoon salt**, and **a few grinds of pepper**.



2. Broil meatballs

Shape **chicken mixture** into **12 meatballs**, about 1 tablespoon each. Transfer to prepared skillet, spaced at least ½-inch apart. Drizzle with **oil**.

Broil on center oven rack until just starting to brown and cooked through, 5–8 minutes (watch closely as broilers vary).



3. Finish & serve

Pour **marinara** over **meatballs**. Return to broiler and cook until sauce is bubbling, about 3 minutes.

Serve **chicken marinara meatballs** with **remaining Parmesan**. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!