



Italian-Style Meatball Bake

with Elbow Macaroni & Broccoli



30-40min



2 Servings

Mixing the meatballs ahead of time (and even shaping them!) can make dinner preparation a breeze! Simply follow step 1, then store meatballs in an airtight container in the refrigerator until ready to use.

What we send

- 1 pkg mozzarella ⁷
- garlic (use 2 large cloves)
- ¾ oz piece Parmesan ⁷
- 10 oz ground beef
- 1 oz panko ^{1,6}
- Italian seasoning (use 2 tsp)
- 2 cans tomato sauce
- ½ lb elbow macaroni ¹
- ½ lb broccoli
- ¼ oz fresh basil

What you need

- 1 large egg ³
- kosher salt & pepper
- olive oil

Tools

- microplane or grater
- medium (10") ovenproof skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1290kcal, Fat 63g, Carbs 120g, Proteins 64g



1. Prep meatballs

Preheat oven to 450°F with racks in the upper and lower thirds. Cut **mozzarella** into 1-inch pieces. Peel and finely chop **2 teaspoons garlic**. Finely grate **Parmesan**. In a medium bowl, combine **beef, panko, half of the garlic, 2 tablespoons of the Parmesan, 1 teaspoon Italian seasoning, 1 large egg, ¾ teaspoon salt, and a few grinds of pepper**. Shape into 8 meatballs.



2. Brown meatballs

Heat **1 tablespoon oil** in a medium (10") ovenproof skillet over medium-high. Add **meatballs** and cook, turning occasionally, until browned all over, 3-5 minutes (they won't be cooked through). Transfer meatballs to a plate and set aside until step 4.



3. Cook sauce

Drain **all but 2 teaspoons fat** from skillet and heat over medium-high. Stir in **remaining garlic**, then immediately add **all of the tomato sauce, 1 teaspoon Italian seasoning, 2½ cups water, and 1 teaspoon salt**. Cook, scraping up any browned bits from the bottom of skillet, until sauce reaches a simmer, about 2-3 minutes. Remove skillet from heat.



4. Assemble & bake pasta

Add **elbow macaroni** to skillet with **sauce**, stirring to coat. Top pasta with **meatballs**, turning meatballs to coat in sauce. Arrange **mozzarella** around meatballs. Bake on upper oven rack until pasta is tender, sauce is thickened, and meatballs are cooked through, 10-15 minutes.



5. Roast broccoli

Meanwhile, trim stem ends from **broccoli**, then cut crowns into 1-inch florets. On a rimmed baking sheet, toss broccoli with **1 tablespoon oil** and a **pinch each of salt and pepper**. Roast on lower oven rack until broccoli is tender and browned in spots, 8-10 minutes.



6. Finish & serve

Pick **basil leaves** from stems, tearing if large; discard stems. Serve **meatball pasta bake** with **broccoli** alongside. Sprinkle **basil** and **remaining Parmesan** over top. Enjoy!