



Take-Out Style: Monster Meatball Parm

over Spaghetti with Cheesy Broccoli



30-40min



2 Servings

This dish is proof that not all monsters are scary—in fact, this one is all things delicious. Al dente spaghetti is topped with a monstrous meatball covered in homemade tomato sauce and melty mozzarella cheese. It's served alongside Parmesan-coated roasted broccoli for the ultimate comfort meal.

What we send

- garlic
- 10 oz grass-fed ground beef
- 1½ oz grated Parmesan ⁷
- 1 oz panko ^{1,6}
- ¼ oz pizza spice
- 1 pkg mozzarella ⁷
- 1 can whole tomatoes
- ½ lb broccoli
- 6 oz spaghetti ¹

What you need

- kosher salt & ground pepper
- olive oil
- 1 large egg ³
- sugar
- butter ⁷

Tools

- medium pot
- medium 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 1240kcal, Fat 71g, Carbs 93g, Proteins 65g



1. Prep ingredients

Preheat oven to 450°F with racks in the center and lower third. Bring a medium pot of **salted water** to a boil; keep warm over low heat until step 6. Finely chop **1 teaspoon garlic**.



2. Season & bake meatball

Lightly **oil** a medium ovenproof skillet. In a medium bowl, combine **beef, half each of Parmesan and garlic, ¼ cup panko, 1 teaspoon each of pizza spice and salt, 1 large egg, and a few grinds of pepper**. Form into a 6-inch oval meatball and place in prepared skillet. Transfer to center oven rack and bake until lightly browned and just firm to the touch, 15 minutes.



3. Prep mozzarella & sauce

While **meatball** bakes, thinly slice **mozzarella**. In a medium bowl, combine **tomatoes, remaining chopped garlic, 1 teaspoon each of pizza spice and oil, and a pinch of sugar**. Use a fork to mash tomatoes and stir into a chunky sauce. Season to taste with **salt** and **pepper**.



4. Finish meatball Parm

Carefully, pour off **any excess fat** from skillet with **meatball**. Spoon **tomato sauce** over meatball, then top with **mozzarella**. Bake on the center oven rack until cheese is melted, tomato sauce is bubbling, and meatball is cooked through and reaches 165°F internally, about 15 minutes. Remove from oven and let stand for 5 minutes. Season sauce with **salt** and **pepper**.



5. Roast cheesy broccoli




Meanwhile, trim **broccoli**, then cut into 1-inch florets, if necessary. On a rimmed baking sheet, toss broccoli with **2 teaspoons oil**; season with **salt** and **pepper**. Roast on lower rack until tender and browned in spots, about 12 minutes. Remove from oven and sprinkle with **remaining Parmesan**. Roast on lower oven rack until cheese is melted and browned in spots, 3-5 minutes.



6. Cook pasta & serve

Add **spaghetti** to boiling water and cook, stirring occasionally, until al dente, 10-12 minutes. Reserve **¼ cooking water**; drain pasta and return to pot. Add **reserved cooking water** and **1 tablespoon each of butter and oil**. Cook over low heat, stirring, until butter melts, 1-2 minutes; season to taste. Slice **meatball Parm** and serve over **pasta** with **broccoli** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**