



## Baked Grass-Fed Meatballs

with Arugula Salad and Crusty Bread



30-40min



2 Servings

Everyone has a go-to recipe (or cook - Hi, Grandma!) for meatballs, but they're usually a slow-cooking, weekend kind-of-thing. What about our midweek meatball cravings? This recipe is the solution! We season grass-fed beef with the king of cheeses—Parmigiano-Reggiano—and build flavor by browning them on the stove, and then finishing them in a stew of tomatoes and oregano in the oven. Cook, rela...



## What we send

- grass-fed ground beef
- balsamic vinegar
- can chopped tomatoes
- baby arugula
- fresh oregano

## What you need

- large egg <sup>3</sup>
- coarse salt
- freshly ground pepper
- olive oil

## Tools

- large 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

Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 788kcal, Fat 43g, Carbs 50g, Proteins 47g



### 1. Prep ingredients

Preheat oven to 425°F with racks in the upper and lower thirds. Pick **half the oregano leaves** (save rest for own use) and finely chop. Grate **Parmesan**.



### 2. Make meatballs

In a large bowl, combine ground **beef**, **panko breadcrumbs**, **1 beaten egg**, **chopped oregano**, **1 tablespoon oil**, and **half the Parmesan**. Season with **¾ teaspoon salt** and **a few grinds pepper**; use your hands to mix well. Shape into 8 balls.



### 3. Cook meatballs

Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Cook **meatballs**, turning occasionally, until browned all over, 5-7 minutes.



### 4. Make sauce and bake

Add **tomatoes** to skillet, season with **salt** and **pepper** and bring to a simmer. Transfer skillet to bottom rack in the oven and bake until **meatballs** are cooked through, 15-20 minutes. Remove from oven and scatter **remaining Parmesan** over the top.



### 5. Toast bread

Meanwhile, split **ciabatta roll** through the middle and place on a rimmed baking sheet, cut side-up. Drizzle with **oil** and season with **salt** and **pepper**. Toast in the oven on upper rack (while the meatballs bake) until bread is golden, 8-10 minutes (watch closely).



### 6. Make salad

Toss **arugula** with **vinegar** and **1 tablespoon oil** in a large bowl; season to taste with **salt** and **pepper**. Serve alongside **meatballs** and **crusty bread**. Enjoy!