



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 ²
- garlic (use 2 large cloves)
- ¾ oz piece Parmesan ²
- 10 oz ground beef
- 1 oz panko ³
- Italian seasoning (use 2 tsp)
- 2 cans tomato sauce
- ½ lb elbow macaroni ³
- ½ lb broccoli
- ¼ oz fresh basil

What you need

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

Tools

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

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 1290kcal, Fat 63g, Carbs 120g, Protein 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!