

# DINNERLY



## Spaghetti & Plant-Based "Meatballs"

No chopping. No slicing. No knife required!



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make these saucy plant-based veggie meatballs? Personally, we'd choose B. This dish requires absolutely no prepwork—just season our plant-based ground and shape into meatballs, brown them in a skillet, boil the pasta, stir the sauce together, and top with grated Parm. We've got you covered!

## WHAT WE SEND

- ¾ oz piece Parmesan <sup>7</sup>
- 1 oz panko <sup>1,6</sup>
- ¼ oz Italian seasoning
- ¼ oz granulated garlic
- ½ lb pkg plant-based ground <sup>1,6,15</sup>
- 6 oz spaghetti <sup>1</sup>
- 2 (8 oz) cans tomato sauce

## WHAT YOU NEED

- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- olive oil
- sugar

## TOOLS

- large saucepan
- microplane or grater
- medium nonstick skillet

## ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 940kcal, Fat 37g, Carbs 108g, Protein 46g



### 1. Prep water & Parmesan

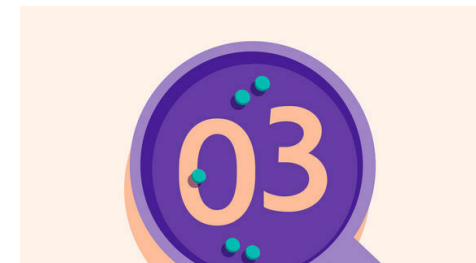
Bring a large saucepan of **salted water** to a boil.

Finely grate **Parmesan**.



### 2. Make meatballs

In a medium bowl, whisk together **panko**, **2 tablespoons of the grated Parmesan**, **1 large egg**, **a few grinds of pepper**, and **½ teaspoon each of Italian seasoning, salt, and granulated garlic**. Add **plant-based ground**; gently knead with your hands until evenly mixed together; shape into 12 meatballs (about 1 heaping tablespoon each).



### 3. Cook meatballs & pasta

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until well-browned on multiple sides, 5–7 minutes.

Meanwhile, add **pasta** to saucepan with boiling **water**. Cook, stirring occasionally to prevent sticking, until al dente, 8–9 minutes. Reserve **½ cup cooking water**; drain pasta and set aside until ready to serve.



### 4. Make sauce & serve

To skillet with **meatballs**, add **tomato sauce**, **reserved cooking water**, and **1 teaspoon each of Italian seasoning, granulated garlic, sugar, and salt**. Cook over medium heat, gently stirring, until warmed through, 2–4 minutes. Season to taste with **salt** and **pepper**.

Serve **meatballs** and **sauce** over **spaghetti** with **remaining Parmesan** sprinkled over top. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!