



MEATBALL RAGÙ OVER PARMESAN POLENTA

FAST & FRESH

Spinach & Tomato

BOX TO PLATE: 15 MINUTES

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

- Pan
- Pot
- Potato masher
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



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CALORIES: 660

1 PREP



1 | 2
Tomato

- Wash and dry produce.
- Dice **tomato**.



3 SIMMER



8.8 oz | 17.6 oz
Precooked
Polenta



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



4 oz | 4 oz
Cream Sauce
Base
Contains: Milk

- In a pot, mix **polenta** and $\frac{1}{4}$ **cup water** ($\frac{1}{2}$ cup for 4); heat over medium heat. Mash with a potato masher until mostly smooth.
- Stir in **cheese**, **half the cream sauce base** (all for 4), and **1 TBSP butter** (2 TBSP for 4); cook, stirring constantly, until butter is melted and polenta is combined, 1 minute (**precooked polenta is ready in a flash!**).
- Season with **salt** and **pepper** to taste. **TIP: As the polenta cools, it will start to thicken. Add a splash of water and give the polenta a stir before serving if needed.**



2 SIZZLE



8 oz | 16 oz
Fully Cooked
Beef Meatballs
Contains: Eggs,
Milk, Wheat



5 oz | 10 oz
Marinara
Sauce



1 | 2
Tomato Paste



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 1 TBSP
Italian
Seasoning



5 oz | 10 oz
Spinach

- Drizzle **oil** in a hot pan. Add **meatballs**; cook, stirring occasionally, until browned on all sides and warmed through, 3-5 minutes. Transfer to a plate. **TIP: While meatballs cook, start polenta.**
- To same pan, add **marinara**, **diced tomato**, **tomato paste**, **garlic powder**, $\frac{3}{4}$ cup water, $\frac{1}{2}$ tsp **Italian Seasoning**, a drizzle of olive oil, salt, and **pepper** ($1\frac{1}{2}$ cups water, 1 tsp Italian Seasoning, and a large drizzle of olive oil for 4). (**Be sure to measure the Italian seasoning; we sent more!**) Stir to combine.
- Stir **spinach** into pan with **sauce**; cook, stirring occasionally, until spinach is wilted, 1-2 minutes. Taste and season with **salt** and **pepper** if desired. (**TIP: Add splashes of water if sauce is too thick or spinach needs help wilting.**) Remove from heat.



4 SERVE

- Stir **meatballs** into pan with **sauce**.
- Top **Parmesan polenta** with **meatballs and sauce**. Serve.

