



ITALIAN-STYLE MEATBALLS

with Israeli Couscous, Wilted Spinach and Parmesan

FAMILY



HELLO

EASY MEATBALLS

Our hack to traditional meatballs makes getting dinner on the table super speedy

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 761



Mild Italian Sausage, uncased



Israeli Couscous



Garlic



Shallot



Basil



Chicken Broth Concentrate



Parmesan Cheese



Crushed Tomatoes



Baby Spinach

BUST OUT

- Aluminum Foil
- Large Bowl
- Baking Sheet
- Large Non-Stick Pan
- Large Pot
- Measuring Cups
- Garlic Press
- Measuring Spoons
- Strainer
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Mild Italian Sausage, uncased 500 g
- Israeli Couscous 1 1½ cup
- Garlic 12 g
- Shallot 50 g
- Basil 10 g
- Chicken Broth Concentrate 2
- Parmesan Cheese 2 1 cup
- Crushed Tomatoes 2 box
- Baby Spinach 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat the oven to **425°F** (to bake the meatballs). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce.* In a large pot, add **12 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, peel, then mince or grate the **garlic**. Thinly slice the **basil leaves**. Peel, then finely chop the **shallots** into ¼-inch pieces.



4 COOK SAUCE Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then the **shallots**. Cook until softened, 3-4 min. To the same pan, add the **remaining garlic** and cook until fragrant, 1-2 min. Add the **broth concentrates** and **tomatoes**. Season with **salt** and **pepper**. Simmer, stirring occasionally, until the **sauce** thickens slightly, 6-8 min.



2 COOK MEATBALLS In a large bowl, combine the **sausage**, **half the basil leaves** and **half the garlic**. Roll **sausage mixture** into 1 ½-inch **meatballs** (you should have 16). On a foil-lined baking sheet, arrange **meatballs**. Bake in the middle of the oven, until golden-brown and cooked through, 12-14 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.***) (**TIP:** Cut a meatball open to make sure it's not pink inside!)



5 FINISH SAUCE When the **meatballs** are done, carefully add them to the large pan with the **sauce**, include any juices from the baking sheet. Simmer, 2-3 min. When the **couscous** is tender, reserve **¼ cup water**. Drain and return the couscous to same pot. Heat the pot over medium-heat, then add the **spinach**, **half the Parmesan**, **2 tbsp oil** and **reserved couscous water**. Stir together, until **spinach** wilts, 1-2 min.



3 COOK COUSCOUS Meanwhile, add the **Israeli couscous** to the large pot with the **boiling water**. Cook, uncovered, stirring occasionally, until tender, 6-8 min.



6 FINISH AND SERVE Season the **couscous** with **salt** and **pepper**, then divide between plates. Top with the **meatballs** and spoon over the **sauce**. Sprinkle over the **remaining Parmesan** and **remaining basil**.

TASTY!

Meatballs in a rich tomato sauce and tiny bits of pasta are a saucy and comforting combo.