



JUL
2016

Melt in the Middle Meatballs

with Crispy Broccolini

Get ready for a surprise! Once you cut into these meatballs, gooey mozzarella oozes out from the center. The kids will go crazy! Crispy broccolini keeps this dinner balanced and wholesome.



Prep: 10 min
Total: 40 min



level 1



nut free



Ground Beef



Spaghetti



Broccolini



Red Onion



Garlic



Fresh Mozzarella
Cheese



Panko
Breadcrumbs



Dried
Thyme



Diced Tomatoes



Beef Stock
Concentrate

Ingredients

		4 People
Ground Beef		20 oz
Spaghetti	1)	12 oz
Broccolini		12 oz
Red Onion		1
Garlic		2 Cloves
Fresh Mozzarella Cheese	2)	8 oz
Panko Breadcrumbs	1) 3)	½ Cup
Dried Thyme		1 t
Diced Tomatoes		2 Boxes
Beef Stock Concentrate		1
Sugar*		2 t
Oil*		6 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Soy

Tools

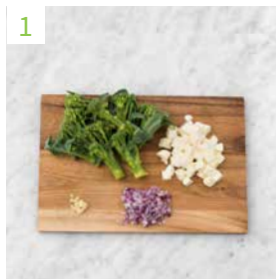
Large pot, Large pan, Large bowl, Baking sheet, Strainer

Nutrition per person Calories: 931 cal | Fat: 37 g | Sat. Fat: 17 g | Protein: 56 g | Carbs: 99 g | Sugar: 17 g | Sodium: 978 mg | Fiber: 7 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



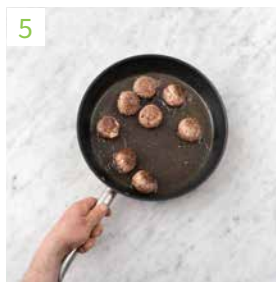
1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees. Bring a large pot of **salted water** to a boil. Halve, peel and finely dice the **red onion**. Mince or grate the **garlic**. Cut the **mozzarella** into small cubes. Trim and discard the bottom inch from the **broccolini**.

2



2 Start the meatball mixture: Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **half the onion** and cook, tossing for 2-3 minutes, until softened. Add the **panko, half the thyme,** and **half the garlic** and cook for an additional 1-2 minutes, until fragrant. Season with **salt** and **pepper**. Transfer the mixture to a large bowl.

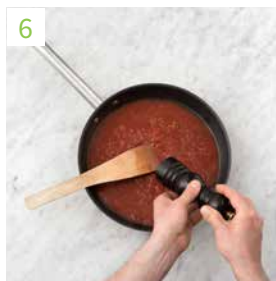
5



3 Roast the broccolini: Toss the **broccolini** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, turning halfway through, until slightly crispy.

4 Form the meatballs: Thoroughly mix the **ground beef** into the **panko mixture** along with a large pinch of **salt** (we used 1 teaspoon kosher salt) and **pepper**. Form the mixture into golf ball-sized **meatballs**. Press 1 cube of **mozzarella** into the center of each meatball and seal the meat around the cheese. Reserve the extra mozzarella for step 7.

6



5 Boil the pasta and sear the meatballs: Add the **pasta** to the boiling water and cook for 9-11 minutes, until al dente. Heat a large drizzle of **oil** in the same large pan over high heat. Add the **meatballs** to the pan and sear for 4-5 minutes, rotating to brown on all sides. Remove from the pan and set aside.

6 Make the sauce: Heat a drizzle of **oil** in the same pan over medium-high heat. Add the remaining **onion, thyme,** and **garlic** to the pan. Cook, tossing, for 2-3 minutes, until softened. Add the **tomatoes, beef stock concentrate, 2 teaspoons sugar,** and **2 cups water** to the pan. Bring to a simmer and season with **salt** and **pepper**. Return the **meatballs** to the sauce to finish cooking through.

7 Finish: Drain the **spaghetti** and divide between plates. Top with the **sauce** and **meatballs**. Roughly chop the **broccolini** and sprinkle over the plate. Top with any remaining **mozzarella** and enjoy!