



In your box

- ½ oz. Crumbled Bacon
- 2 Tbsp. Italian Panko Blend
- 8 oz. Broccoli Florets
- 3 oz. Diced White Onion
- ¼ tsp. Red Pepper Flakes
- ½ oz. Grated Parmesan
- 1 tsp. Garlic Salt
- 2 oz. Light Cream Cheese
- ½ oz. Crispy Fried Onions

Customize It Options

- 10 oz. Ground Pork
- 12 oz. Impossible Burger
- 10 oz. Ground Beef

You will need

- Olive Oil, Salt, Pepper
- Mixing Bowl, Microwave-Safe Bowl

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Oven-Ready



Bacon-Alfredo Meatballs

with broccoli

NUTRITION per serving—Calories: 586, Carbohydrates: 18g, Sugar: 5g, Fiber: 4g, Protein: 38g, Sodium: 1433mg, Fat: 40g, Saturated Fat: 13g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.



1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Break **broccoli** into smaller pieces with your hands.
- Combine broccoli, **diced onions**, 2 tsp. **olive oil**, half the **garlic salt** (reserve remaining for meatballs), and a pinch of **pepper** in provided tray.
- Bake uncovered in hot oven, 10 minutes.



2. Add the Meatballs

- Carefully remove tray from oven and push **vegetables** to one side. *Tray will be hot! Use a utensil.*
- Combine **pork**, **panko**, remaining **garlic salt**, and a pinch of **pepper** in a mixing bowl. Form into six evenly-sized meatballs.
- Place meatballs in empty half of tray.

Customize It Instructions

- If using **ground beef**, follow same instructions as ground pork in Steps 2 and 3, baking uncovered in hot oven until pork reaches minimum internal temperature, 23-25 minutes.
- If using **Impossible burger**, follow same instructions as ground pork in Steps 2 and 3, baking uncovered in hot oven until burger is heated through, 20-22 minutes.



3. Bake the Meal

- Bake uncovered in hot oven until **broccoli** is tender and **meatballs** reach a minimum internal temperature of 160 degrees, 23-25 minutes.
- While meal bakes, place **bacon** in a microwave-safe bowl and heat, 20 seconds.
- Remove from microwave and stir in **cream cheese**, **Parmesan**, a pinch of **salt**, and 2 Tbsp. **water** until smooth. Microwave again until warmed through, 10-20 seconds.
- Carefully remove tray from oven. Garnish meatballs with bacon-cheese sauce and **crispy onions** and broccoli with **red pepper flakes** (to taste). Bon appétit!