



In your box

- 4 fl. oz. Marinara Sauce
- 8 oz. Broccoli Florets
- 1 tsp. Chopped Garlic
- 2 oz. Ricotta
- ¼ cup Panko Breadcrumbs
- 1 oz. Shredded Parmesan Cheese
- 4 oz. Sliced Red Bell Pepper
- ½ tsp. Garlic Salt

Customize It Options

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

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



Garlicky Marinara Beef Meatballs

with cheesy broccoli

NUTRITION per serving—Calories: 544, Carbohydrates: 26g, Sugar: 9g, Fiber: 6g, Protein: 41g, Sodium: 1449mg, Fat: 31g, 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

35-45 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

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.
- Combine **broccoli**, **peppers**, 1 tsp. **olive oil**, and **garlic salt** in provided tray.
- Bake uncovered in hot oven, 10 minutes.



2. Add the Meatballs

- While vegetables bake, thoroughly combine **ground beef**, **panko**, half the **ricotta** (the rest is yours to do with as you please!), a pinch of **pepper**, and ¼ tsp. **salt** in a mixing bowl. Form into six equally-sized meatballs.
- Carefully remove tray from oven. Push **vegetables** to one side. *Tray will be hot! Use a utensil.* Add meatballs to empty side of tray.

Customize It Instructions

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



3. Bake the Dish

- Bake uncovered in hot oven until **vegetables** are tender and **meatballs** reach a minimum internal temperature of 160 degrees, 20-25 minutes.
- While meal bakes, combine **marinara**, **chopped garlic**, a pinch of **salt**, and 1 Tbsp. **water** in a microwave-safe bowl. Cover with a damp paper towel. Microwave until heated through, 1-2 minutes.
- Carefully remove sauce from microwave and tray from oven. Top vegetables with **cheese** and meatballs with sauce. Bon appétit!