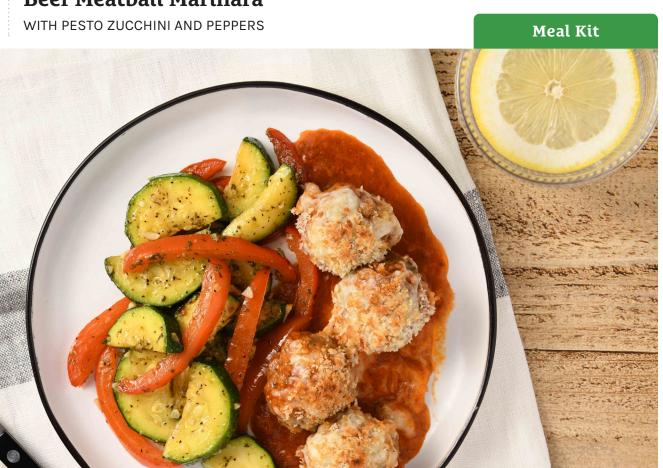


# **Beef Meatball Marinara**



Prep & Cook Time 30-40 MIN

**Difficulty Level** INTERMEDIATE **Cook Within** 5 DAYS

**Spice Level NOT SPICY** 

### You Will Need

Olive Oil, Salt, Pepper, Cooking Spray Large Non-Stick Pan, Medium Oven-Safe Non-Stick Pan, Mixing Bowl

#### Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

### View nutritional information at www.homechef.com/20343

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

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

## **Ingredients**

2 Garlic Cloves 1 oz. Crème Fraîche 1 Zucchini 1/4 cup Panko Breadcrumbs 4 oz. Marinara Sauce 1 oz. Basil Pesto

1/2 tsp. Garlic Salt 1 Red Bell Pepper

2 oz. Shredded Italian Cheese Blend

#### **Customize It Options**

10 oz. Ground Beef

10 oz. Ground Turkey

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

#### **Before You Cook**

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Preheat the broiler
- Ingredient(s) used more than once: panko



#### **Customize It Instructions**

 If using ground turkey, follow same instructions as ground beef in Steps 2, 3, and 5, rolling occasionally until meatballs reach minimum internal temperature, 11-13 minutes, adding topping, then placing in broiler until topping is browned and bubbling.

#### 1. Prepare the Ingredients

- Remove stem, seeds, ribs, and cut bell pepper into 1/4" strips.
- Trim zucchini ends, halve lengthwise, and cut into 1/2" half-moons.
- Mince garlic.



#### 2. Form the Meatballs

- In a mixing bowl, combine half the **panko** (reserve remaining for topping) and 2 Tbsp. **water**. Rest, 1 minute.
- After 1 minute, add ground beef, crème fraîche, garlic salt, and 1/4 tsp. pepper. Form mixture into 8 evenly-sized meatballs.



#### 3. Start the Meatballs

- Place a medium oven-safe non-stick pan over medium heat and spray with **cooking spray**.
- Add meatballs to hot pan and roll occasionally until browned all over, 5-6 minutes.
- Reduce heat to medium-low. Add marinara and 2 Tbsp. water. Cover and cook until meatballs reach a minimum internal temperature of 160 degrees, 3-5 minutes.
- While meatballs cook, continue recipe.



### 4. Cook the Vegetables

- Place a large non-stick pan over medium-high heat. Add 1 tsp. olive oil, bell peppers, zucchini, and a pinch of salt to hot pan. Stir occasionally until lightly browned and almost tender, 6-8 minutes.
- Add garlic, ¼ tsp. salt, and ¼ tsp. pepper. Stir occasionally until garlic is lightly browned, 2-3 minutes.
- Remove from burner. Stir in pesto.



#### 5. Finish Meatballs and Finish Dish

- Push meatballs to center of pan. Top meatballs evenly with cheese, then remaining panko. Place under hot broiler and broil until cheese is browned and bubbling and panko is toasted, 2-3 minutes.
- Don't text and broil! Keep an eye on oven as topping may burn easily under broiler
- Carefully remove from oven. Pan handle will be hot! Use an oven mitt.
- Plate dish as pictured on front of card, topping sauce with meatballs. Bon appétit!