



NUTRITION per serving 84g carbohydrates 35g fat 63g protein 1782mg sodium | shellfish-free, nut-free



Calories
912



Prep & Cook Time
40-50 min.



Cook Within
5 days



Difficulty
Expert



Spice Level
Not Spicy

IN YOUR BOX

3 fl. oz. Liquid Egg
10 oz. Broccoli
1 Green Onion
10 oz. Ground Beef
2/3 cup Panko Breadcrumbs
3 oz. Grated Parmesan Cheese
1.98 oz. Fresh Ciligiene Mozzarella
6 Slider Buns
9 fl. oz. Pizza Sauce

IN YOUR KITCHEN

Salt
Pepper
Cooking Spray
Medium Pot
2 Baking Sheets
Colander
Mixing Bowl

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HOME CHEF

Mozzarella-Stuffed Meatball Sliders with broccoli tots

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Bring a **medium** pot of **4 cups lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare two baking sheets with foil and cooking spray
- Place a colander in the sink
- Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Panko** and **liquid eggs** are used twice. A third of both is used to make **meatballs**, and remaining of both is mashed with **broccoli**.
- **Heads Up!** **Parmesan cheese** is used twice. A third is used to make **meatballs**, remaining is mashed with **broccoli**, and a pinch is reserved for garnish.

FROM THE CHEF

Cheese inside cooked sliders is very hot! We like to slice ours in half to speed up cooling.

Did you know...

Fresh mozzarella is often named by the size into which curds are formed. These sliders use *_ciliegine_*, or cherry-sized mozzarella balls.



1

Cook Broccoli and Prepare Green Onions

Add **broccoli** to boiling water and cook 5 minutes, or until broccoli is bright green and very tender. Drain thoroughly in colander and return to pot. Trim and thinly slice **green onion** on an angle. While broccoli cooks, form meatballs.



2

Form and Fill the Meatballs

Combine **ground beef**, $\frac{1}{3}$ the **panko**, $\frac{1}{3}$ the **Parmesan cheese**, $\frac{1}{3}$ the **liquid egg**, $\frac{1}{2}$ tsp. **salt**, and a pinch of **pepper** in a medium mixing bowl. Mix to combine and divide into six equal-sized balls. Press your thumb into center of each **meatball** and place a **mozzarella ball** into the well. Close meat around mozzarella, re-form into a ball, and place on one side of a prepared baking sheet. *Form a tight seal so cheese stays inside meatball.*



3

Make the Broccoli Tots

Using a potato masher or fork, mash **broccoli** until mostly smooth. Continue to mash while adding the remaining **liquid eggs** 1 Tbsp. at a time. *This prevents eggs from scrambling on hot broccoli.* Add remaining **Parmesan cheese** (reserve a pinch for garnish) and remaining **panko** and stir to combine. Season with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**. Using a tablespoon measure, scoop mix onto baking sheet next to sliders. Wipe pot clean.



4

Roast the Meatballs and Broccoli Tots

Roast **meatballs** and **broccoli tots** 23-28 minutes, or until meatballs reach a minimum internal temperature of 160 degrees and broccoli tots are firm and browned on bottoms and edges. *Cheese may leak out of meatballs while cooking—this is okay.*



5

Toast the Buns and Heat the Sauce

Arrange **slider buns** on second baking sheet and bake 2-3 minutes, or until toasted. *Toast buns during last 5 minutes of roasting meatballs and tots so everything is ready at same time.* Add **pizza sauce** to pot used for broccoli and place over medium heat. Bring sauce to a gentle boil, about 2-3 minutes, and remove from burner.



6

Plate the Dish

Place one **meatball** on each **slider bun**, top with a spoonful of **sauce**, and garnish with **green onion** and remaining **Parmesan**. Serve alongside **broccoli tots**.