



In your box

4 Saltine Crackers
12 oz. Broccoli Florets
2 tsp. Beef Demi-Glace
2 oz. Grated Parmesan
½ oz. Dijon Mustard
1 ¼ oz. Cherry Preserves

Customize It Options

10 oz. Ground Beef
10 oz. Antibiotic-Free Ground Beef
12 oz. Ground Pork
12 oz. Ground Turkey

*Contains: milk, wheat, soy

You will need

Olive Oil, Salt, Pepper
Mixing Bowl



Oven-Ready

Cherry Mustard Meatballs

with Parmesan broccoli

NUTRITION per serving—Calories: 606, Carbohydrates: 32g, Fat: 34g, Protein: 44g, Sodium: 1532mg.

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

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



Prepare the Ingredients

- Preheat oven to 400 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Mix **broccoli**, 2 tsp. **olive oil**, **Parmesan**, ¼ tsp. **salt**, and a pinch of **pepper** in provided tray until completely combined. Push to one side.



Prepare the Meatballs

- Crush **saltine crackers**.
- In a mixing bowl, combine **ground beef**, crushed saltines, ¼ tsp. **salt**, and a pinch of **pepper**. Divide mixture into six evenly-sized meatballs, about the size of golf balls.
- Place meatballs in empty space in tray.
- If using **ground pork** or **ground turkey**, follow same instructions.



Finish the Dish

- Bake uncovered in hot oven until **meatballs** reach a minimum internal temperature of 160 degrees, 22-24 minutes.
- If using **ground pork**, follow same instructions. If using **ground turkey**, bake uncovered in hot oven until meatballs reach a minimum internal temperature of 165 degrees, 22-24 minutes.
- Carefully remove from oven. Remove **broccoli** to a plate. Add **mustard**, **cherry preserves**, and **beef demi-glace** to tray and stir to combine. Roll meatballs in tray until coated with sauce. Bon appétit!