



Grass-Fed Meatballs Agrodolce

with Roasted Brussels Sprouts



20-30min



4 Servings

Agrodolce may be Italian for sweet and sour, but as far as we're concerned, it's synonymous with delicious! Tender meatballs studded with dried currants are browned in a skillet and then simmered in a rich balsamic broth that cooks down to a silky, sweet, tangy glaze. The whole yummy affair gets served over buttery polenta with crispy, roasted Brussels sprouts on the side. Cook, relax, and enjo...

What we send

- quick-cooking polenta
- dried currants
- dark balsamic vinegar
- brussels sprouts
- packet beef broth concentrate
- shallot
- grass-fed ground beef

What you need

- 1 large egg
- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

Tools

- medium skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 834.0kcal, Fat 43.2g, Proteins 43.0g, Carbs 67.0g



1. Prep ingredients

Preheat the oven to 450°F with a rack in the center. Trim ends from **Brussels sprouts** and cut in half. Trim ends from **shallot**, then halve, peel, and finely chop **½ cup**. Dissolve **beef broth concentrate** in **1 cup warm water** and stir in **vinegar** and **2 tablespoons sugar**.



4. Cook meatballs

In a large skillet, heat **2 tablespoons oil** over medium-high until shimmering. Add **meatballs**, in batches if necessary, and cook turning once or twice, until browned but not cooked through, 7-8 minutes. Tilt the skillet and spoon off and discard as much excess fat as possible.



2. Roast Brussels sprouts

On a rimmed baking sheet, toss **Brussels sprouts** with **2 tablespoons oil** and season with **salt** and **pepper**. Roast until tender and golden, 15-20 minutes. Cover to keep warm.



5. Finish meatballs

Stir **remaining chopped shallot** into skillet and cook 1 minute. Add **broth mixture** and season lightly with **salt** and **pepper**. Cook over medium-high heat, turning the meatballs in the sauce until it is thick and glossy and the meatballs are cooked through, about 8 minutes.



3. Form meatballs

In a large bowl, combine **beef, panko breadcrumbs, currants, 1 large egg**, and **¾ of the chopped shallot**. Add **2 teaspoons salt** and **1 teaspoon pepper** and knead to combine. Roll the mixture into 20 meatballs and dust them lightly with **flour**, tossing to coat.



6. Cook polenta

Meanwhile, in a medium saucepan, bring **5 cups water** to a boil. Whisk in **polenta** and **1½ teaspoons salt** and cook over low, stirring occasionally, until grains are tender and polenta is thickened, 6-8 minutes. Stir in **butter** and season to taste with **salt** and **pepper**. Spoon into bowls and top with **meatballs, sauce**, and **Brussels sprouts**. Enjoy!