

DINNERLY



🔍 ONE PAN

Fork & Knife Meatball Parm with Garlic Bread & Green Salad

🕒 20-30min 🍴 2 Servings

This isn't your typical red sauce joint meatball Parmesan. We upped the ante by making an open faced version, on, wait for it...garlic bread. Break out the fork and knife for a whole new meatball Parm experience! And the best part? All the saucy goodness and Parmesan cheese stays on your fork, not your face! Served with a crisp lettuce salad for a well-balanced dinner. We've got you covered!

WHAT WE SEND

- romaine heart
- grass-fed ground beef
- garlic
- tomato paste

WHAT YOU NEED

- 1 large egg ³
- kosher salt & ground pepper
- olive oil
- red wine vinegar
- sugar

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 740kcal, Fat 41g, Carbs 54g, Proteins 37g



1. Make meatballs

Preheat oven to 450°F with a rack in the center. Peel and finely chop **2 tablespoons garlic**. In a medium bowl, combine **panko**, **2 teaspoons of the garlic**, **1 large egg**, **½ teaspoon salt**, and **¼ teaspoon pepper**. Add **beef** and knead with your hands to combine. Using slightly moistened hands, form mixture into **8 meatballs**.



2. Brown meatballs

In a medium skillet, heat **1 tablespoon oil** over medium-high until shimmering. Add **meatballs** and cook, turning once or twice, until browned but not cooked through, 6–8 minutes. Transfer to a plate and spoon off **all but 1 tablespoon oil**, if necessary.



3. Simmer meatballs

Add **2 teaspoons of the garlic** to skillet and cook, stirring for 10 seconds. Add **¼ cup tomato paste** and cook, stirring, until it darkens slightly, 1–2 minutes. Stir in **2 cups water**, **¼ teaspoon salt**, and **½ teaspoon sugar**. Return **meatballs** to skillet. Bring to a boil and cook over medium-high heat until sauce is thick and reduced to **¾ cup**, about 10 minutes.



4. Make garlic bread

Meanwhile, finely grate **Parmesan**. Split **roll**. Brush cut sides generously with **oil**; sprinkle with **remaining garlic** and **⅓ of the Parmesan**. Season with **salt** and **pepper** and bake on a rimmed baking sheet or sheet of foil, until golden and crisp, 5–7 minutes.



5. Make salad & serve

Halve **romaine** lengthwise, then cut crosswise into 1-inch pieces, discarding end. In a large bowl, combine **1 tablespoon vinegar**, **2 tablespoons oil**, and **a pinch each salt and pepper**. Add lettuce and **half of the remaining Parmesan** to **dressing** and toss to combine. Top **halved rolls** with **meatballs**, **sauce**, and **remaining Parmesan** and serve **salad** alongside. E...



6. Spice it up!

If you like things a little spicy, add a pinch of red pepper flakes to the sauce in step 3 for a meatball Parm with a little bit of attitude!