

DINNERLY



Rigatoni & Meatballs with Spinach & Parmesan

 20-30min  2 Servings

You don't need to spend your day cooking a pot of red sauce in order to have a delicious bowl of pasta and meatballs and this dinner right here is proof. Grass-fed beef meatballs are pan-seared to golden brown perfection, tossed with sautéed onions, spinach, and al dente pasta, and then topped with grated Parmesan cheese. Mamma mia! We've got you covered!

WHAT WE SEND

- grass-fed ground beef
- yellow onion
- garlic
- baby spinach

WHAT YOU NEED

- 1 large egg
- butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

- colander
- large nonstick skillet
- large saucepan

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 990.0kcal, Fat 38.0g, Proteins 52.0g, Carbs 106.0g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Peel and finely chop **2 large garlic cloves**. Halve, peel, then thinly slice **all of the onion**. Finely grate **Parmesan**. Coarsely chop **spinach**.



2. Season & shape meatballs

In a medium bowl, combine **panko**, **1 large egg**, **half of the chopped garlic**, **½ teaspoon salt**, and **¼ teaspoon pepper**. Add **beef** and knead or stir to combine. Using slightly moistened hands, evenly divide mixture and form into **10 meatballs**.



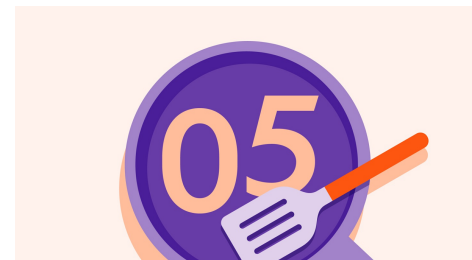
3. Brown meatballs

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **meatballs** and cook, turning once or twice, until browned and nearly cooked through, 5–7 minutes. Stir in **onions**, cover, and cook, reducing heat to medium and stirring occasionally, until softened, about 5 minutes.



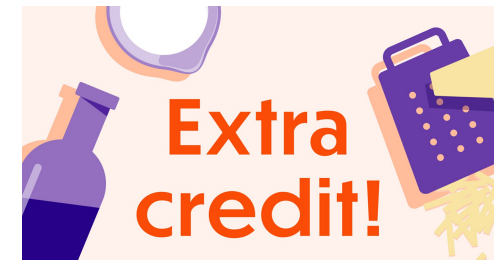
4. Cook pasta

Meanwhile, add **pasta** to boiling water and cook until al dente, 8–10 minutes. Reserve **½ cup pasta water**, then drain pasta.



5. Finish & serve

To skillet with **meatballs**, add **spinach** and **remaining garlic**; cook over medium until wilted, 1–2 minutes. Add **pasta**, **reserved pasta water**, and **1 tablespoon butter**; cook 1–2 minutes. Add **½ of the Parmesan** in large pinches to avoid clumping, stirring to combine. Spoon onto plates, drizzle with **oil**, and sprinkle with **pepper** and **remaining Parmesan**. Enjoy!



6. Make it ahead!

Make the meatballs in step 2 ahead of time and hold them in an airtight container in the fridge until you're ready to cook!