



Skillet Chicken Meatball Parm

with Garlic Bread & Roasted Broccoli



30-40min



2 Servings

Making the meatball mix (and even shaping them!) ahead of time can make dinner preparation a breeze! Simply follow step 1, and then store meatballs in an airtight container in the refrigerator until ready to use.

What we send

- chicken sausage
- canned tomato paste
- garlic
- broccoli crowns

What you need

- 1 large egg
- kosher salt & 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 820.0kcal, Fat 44.0g, Proteins 49.0g, Carbs 54.0g



1. Make meatballs

Preheat oven to 450°F with a rack in the center. Peel and finely chop **1 tablespoon garlic**. In a medium bowl, combine **panko**, 1 teaspoon of the garlic, and **1 large egg**. Add **chicken sausage** and knead or stir to combine. Using slightly moistened hands, form mixture into 6 meatballs. (Mixture will be loose and meatballs may flatten slightly.)



4. Prep broccoli

Meanwhile, finely grate **Parmesan**. Trim **broccoli** and cut into 1-inch florets. On half of a rimmed baking sheet, toss broccoli with **1 tablespoon oil** and a **generous pinch of salt**. Roast until crisp-tender and browned in spots, about 8 minutes. Remove from oven and sprinkle with **half of the Parmesan**.



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, about 5 minutes. Transfer to a plate and reduce heat to low.



5. Make garlic bread

While **broccoli** roasts, split **hero roll** in half. Brush cut sides generously with **oil**; sprinkle with **remaining garlic and Parmesan**. Transfer bread to the other half of the baking sheet and roast until **garlic bread** is golden and crisp, and broccoli is tender, 5-7 minutes. Remove from oven and preheat the broiler with top rack 6 inches from heat source.



3. Simmer meatballs

Add **1/3 cup of the tomato paste** and **1 teaspoon of the garlic** to skillet and cook, stirring, until tomato paste darkens slightly, 1-2 minutes. Stir in **1 1/2 cups water**, **1/2 teaspoon salt**, and **1/2 teaspoon sugar**. Return **meatballs** to skillet and bring to a boil over high heat. Reduce heat to medium; simmer, turning occasionally, until sauce is thickened, 10-13 minutes.



6. Finish & serve

Meanwhile, thinly slice **mozzarella**. Top **meatballs** with mozzarella and broil until melted and lightly browned, about 3 minutes (watch closely as broilers vary). Cut **garlic bread** into pieces and serve with **meatballs** and **sauce** and **broccoli** alongside. Enjoy!