



DINNERLY



Zucchini "Meatballs" with Spaghetti & Parm

 30-40min  4 Servings

Meatballs made with meat get so much love, and for good reason. But, sometimes we've gotta up the veggie intake. So, whether it's by choice because you're into veggies, or by force because you want someone else to be into veggies, these zucchini "meatballs" are just the ticket. They're smothered in tomato sauce and served on a bed of spaghetti with no meat in sight. Veggie all the way. We've go...

WHAT WE SEND

- zucchini
- Italian seasoning
- garlic
- canned tomato sauce

WHAT YOU NEED

- 2 large eggs
- kosher salt & ground pepper
- olive oil
- sugar

TOOLS

- box grater
- large pot
- medium saucepan
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 740.0kcal, Fat 15.0g, Proteins 30.0g, Carbs 119.0g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third. Bring a large pot of **salted water** to a boil. Peel and finely chop **4 teaspoons garlic**. Finely grate **Parmesan** on small holes of box grater. Grate **zucchini** on large holes of box grater directly onto a clean kitchen towel. Wring out as much liquid as possible from zucchini; transfer to a large bowl.



2. Form zucchini "meatballs"

Lightly **oil** a rimmed baking sheet. To bowl with **zucchini**, add **all of the panko**, **2 teaspoons chopped garlic**, **½ teaspoon of the Italian seasoning**, **½ of the Parmesan**, **2 large eggs**, **1 teaspoon salt**, and **a few grinds pepper**; mix well to combine. Form into **20 balls** and place on prepared baking sheet.



3. Bake zucchini "meatballs"

Bake **meatballs** on upper oven rack until firm and browned, 20–25 minutes. As meatballs cook, add **spaghetti** to boiling water, cook, stirring, until al dente, about 9 minutes. Reserve **½ cup pasta water**, then drain and return pasta to pot.



4. Cook marinara

Heat **remaining garlic** and **2 tablespoons oil** in a medium saucepan over medium-high; cook until fragrant, 1–2 minutes. Add **all of the tomato sauce**, **1 cup water**, **1 teaspoon of the Italian seasoning**, and **2 teaspoons sugar**; bring to a boil and season to taste with **salt** and **pepper**. Reduce heat to medium and simmer until reduced to 3 cups, 5–8 minutes.



5. Finish & serve

Return pot with **pasta** to medium; add **reserved pasta water** and **1 cup of the marinara sauce**, tossing to coat, about 1 minute. Serve **spaghetti** topped with **zucchini "meatballs"**, **remaining marinara** and **Parmesan**. Enjoy!



6. Take it to the next level

What goes better with spaghetti and "meatballs" than a big toasty loaf of garlic bread? Go ahead and load the cut sides of ciabatta or Italian bread with butter and grated garlic, wrap in foil, and toast in the oven until crusty and melted.