



OCT
2016

Mega Meatball Marinara

with Creamy Polenta, Zucchini, and Mozzarella Cheese

Why settle for mini meatballs when you can serve one MEGA one for each person? Our chefs snuck shredded zucchini into the meat mixture for more nutritional bang for your buck—not to mention a whole lot more moisture.



Prep: 10 min
Total: 30 min



level 2



nut
free



Yellow
Onion



Zucchini



Ground
Beef



Panko
Breadcrumbs



Egg



Italian
Seasoning



Garlic
Powder



Crushed
Tomatoes



Polenta



Parmesan
Cheese



Shredded Mozzarella
Cheese

Ingredients

		4 People
Yellow Onion		1
Zucchini		1
Ground Beef		16 oz
Panko Breadcrumbs	1) 2)	1 Cup
Egg	3)	1
Italian Seasoning		2 T
Garlic Powder		1 t
Crushed Tomatoes		2 Boxes
Polenta		1 Cup
Parmesan Cheese	4)	½ Cup
Shredded Mozzarella Cheese	4)	1 Cup
Butter*	4)	1 T
Sugar*		1 t
Olive Oil*		4 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Egg
- 4) Milk

Tools

Box grater, Medium bowl, Baking sheet, Large pan, Medium pot, Whisk

Nutrition per person Calories: 662 cal | Fat: 30 g | Sat. Fat: 14 g | Protein: 41 g | Carbs: 62 g | Sugar: 12 g | Sodium: 858 mg | Fiber: 6 g



1 Prep: Wash and dry all produce. Preheat oven to 450 degrees.

Halve, peel, and grate **onion** with a box grater. Grate **zucchini** into a medium bowl.

2 Make the meatballs: Add **ground beef**, **panko breadcrumbs**, **half the onions**, **1 egg**, and **1 Tablespoon Italian seasoning** to bowl with **zucchini**. (Keep the other egg for another day.) Season generously with **salt** (we used 1 teaspoon kosher salt) and **pepper**. Combine thoroughly with your hands, and form into four large **meatballs**.

3 Bake the mega meatballs: Place **meatballs** on a lightly oiled baking sheet. Bake until no pink remains, about 20 minutes.

4 Make the marinara sauce: Heat a large drizzle of **olive oil** in a large pan over medium heat. Add **garlic powder**, remaining **onions**, and **1 Tablespoon Italian seasoning**. Toss until softened, 3-4 minutes. Season with **salt** and **pepper**. Add **tomatoes** and **½ cup water**. Simmer over low heat until rest of meal is ready. Season to taste with up to **1 teaspoon sugar** and a generous pinch of **salt** and **pepper**.

5 Make the polenta: Bring **4 cups water** to a boil in a medium pot. Once boiling, add **polenta** and whisk constantly until thickened. Add more water, as necessary, to reach a creamy consistency. Stir in **Parmesan** and **1 Tablespoon butter**. Season generously with **salt** and **pepper**. **TIP:** If polenta firms up before you're ready to serve, simply reheat and whisk in a bit more water.

6 Finish and serve: When the **mega meatballs** are done, sprinkle with **mozzarella** and return to oven for 1-2 minutes, until fully melted. Plate the **creamy polenta**, and top with **marinara sauce** and a mega meatball. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

