

Quinoa "Meat" balls with Tuscan Kale

Our spin on spaghetti and meatballs. We're using quinoa in place of beef to make meatless "meat"balls with all the delicious Italian spices that would make an Italian grandmother proud. Served up with egg noodles and Tuscan kale in a classic marinara the whole family will love.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Large Saucepans (one with a cover)
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)

6 MEEZ CONTAINERS

- Quinoa
- Meatball Mix
- Marinara Sauce
- Egg Noodles
- Tuscan Kale
- Parmesan & Parsley

Good to Know

Make ahead: You can get a jump on dinner by cooking the meatballs in advance. It'll save a step and have dinner on the table in just 15 minutes.

Health snapshot per serving – 710 Calories, 39g Protein, 22g Fat, 91g Carbs, 16 Freestyle Points.

Lightened Up Health snapshot per serving – 590 Calories, 17g Fat, 80g Carbs, 13 Freestyle Points with half the egg noodles and half the Parmesan & Parsley.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Quinoa, Tuscan Kale, Tomato, Red Onion, Egg Noodles, Pecorino Romano, Parmesan, Parsley, Vegetable Stock, Panko Breadcrumbs, Garlic, Black Pepper, White Pepper, Oregano, Basil.

meez meals

1. Getting Organized

Bring two large saucepans of water to boil. Crack 2 eggs into a large mixing bowl and beat.

2. Make the Meatballs

When the water is boiling, cook the **Quinoa** until the kernels are al dente, about 6 to 8 minutes. Drain very well and wipe out the pan.

Transfer the quinoa to the mixing bowl with the eggs and add in the **Meatball Mix**. Stir until everything is spread evenly throughout. Use your hands to form approximately 10 golf-ball-sized balls and place on a plate.

3. Cook the Meatballs and Sauce

Heat 2 Tbsp olive oil over in your now empty quinoa pan over medium high heat. When the oil is hot, carefully transfer the meatballs to the pan. Cook until the meatballs start to brown slightly, about 2 minutes. Gently roll the meatballs over and lightly brown another side, an additional 2 minutes.

Add the **Marinara Sauce** and 1 cup of water, stirring together without disturbing the meatballs. Bring to a boil, reduce heat to low, cover, and simmer for 10 minutes, spooning Marinara Sauce over top of the meatballs halfway through. Remove from the heat and let sit, covered until step 5.

4. Cook the Egg Noodles and Kale

While the meatballs and sauce are simmering, place the **Egg Noodles** in the other saucepan of boiling water with a generous pinch of salt, and cook until al dente, about 5 to 6 minutes. Drain the pasta and set aside. Wipe out the pan.

Heat 1 Tbsp olive oil in the now empty saucepan over medium high heat. Add the **Tuscan Kale** and lightly salt and pepper. Sauté until the kale starts to wilt, about 4 minutes. Remove from the heat and combine the drained egg noodles with the kale and stir.

5. Put It All Together

Serve the egg noodles and kale topped with the meatballs. Pour the marinara sauce over top and sprinkle with the **Parmesan & Parsley**. Enjoy!

The meatballs will fall apart if the quinoa is not completely drained.

If you put a little oil on your hands it will prevent the meatballs from sticking.

Use a spoon to transfer the meatballs so they don't break.

Instructions for two servings.

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