

European-Style Meatballs and Cavatappi

with Mushroom Sauce and Spinach

Discovery Special 35 Minutes



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Lean Ground Bison









Baby Spinach





Parmesan Cheese, shredded



Beef Broth



Concentrate



Dijon Mustard



Cream Sauce Spice Blend

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

Measuring cups, measuring spoons, large bowl, large pot, colander, large non-stick pan

Ingredients

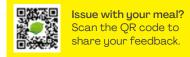
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	2 Person	4 Person
Lean Ground Bison	250 g	500 g
Ground Beef	250 g	500 g
Cavatappi	170 g	340 g
Mushrooms	227 g	454 g
Baby Spinach	56 g	113 g
Garlic, cloves	2	4
Parmesan Cheese, shredded	⅓ cup	½ cup
Cream Cheese	43 g	86 g
Beef Broth Concentrate	2	4
Italian Breadcrumbs	2 tbsp	4 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Milk*	2 tbsp	4 tbsp
Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook bison and beef to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.





Prep

- Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Thinly slice mushrooms.
- Peel, then mince or grate garlic.
- Roughly chop spinach.



Sear meatballs

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **meatballs**.
- Cook, turning occasionally, until golden, 4-5 min. (NOTE: Don't overcrowd the pan; cook in 2 batches if needed.)
- Transfer to a plate. (NOTE: It's okay if meatballs don't cook all the way through at this step.)
- Discard all but 1 tbsp (2 tbsp) fat from pan.
- Reheat the same pan over medium-high. Add **2 tbsp** (4 tbsp) **butter**, then swirl the pan until **butter** is melted, 1 min.



Form meatballs

- Add Dijon, breadcrumbs and
 2 tbsp (4 tbsp) milk to a large bowl. Stir to combine.
- Add bison, half of the Parmesan, half of the garlic and ¼ tsp (½ tsp) salt. Season with pepper, then combine. (TIP: If you prefer a firmer meatball, add an egg to mixture!).
- Roll into **10 equal-sized meatballs** (20 meatballs for 4 ppl).

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **bison**.**



Cook pasta

- Add cavatappi to the boiling water.
- Cook uncovered, stirring occasionally, until tender, 8-9 min.
- Reserve 1 ½ cups (3 cups) pasta water, then drain and return cavatappi to the same pot, off heat.



Cook veggies and finish sauce

- Add **mushrooms**. Cook, stirring occasionally to remove **browned bits** from the bottom of the pan, until softened, 4-5 min.
- Add remaining garlic, then sprinkle
 Cream Sauce Spice Blend over top. Cook, stirring often, until fragrant, 1 min.
- Add meatballs, beef broth concentrates, cream cheese and
- **1 ¼ cups** (2 ½ cups) **reserved pasta water**. Stir to combine. Bring to a simmer, then reduce heat to medium-low.
- Cover and cook, stirring occasionally, until sauce thickens slightly and meatballs are cooked through, 3-5 min.**



Finish and serve

- Add **cavatappi** and **spinach** to the pan with **sauce**. Season with **salt** and **pepper**.
- Stir until **spinach** wilts, 1 min. (TIP: For a lighter sauce consistency, add more reserved pasta water, 1-2 tbsp at a time, if desired.)
- Divide **cavatappi and meatballs** between plates.
- Sprinkle **remaining Parmesan** over top.

Dinner Solved!