

Meatballs & Tomato Sauce

with Asparagus & Creamy Rice

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

Tonight's dish is a take on Spanish "albondigas," or meatballs. We're using a few unique ingredients for signature Spanish flavor: golden raisins add pops of sweetness to the beef (also seasoned with bright, piquant garlic), while Castelvetrano olives elevate our tomato sauce with their buttery, briny notes. As a hearty, creamy base, we're combining brown rice with seasonal asparagus and fromage blanc, a type of fresh cheese.



BLUE APRON WINE PAIRING:

Stéphanie Daumas Côtes du Rhône Visan, 2015

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Ingredients



10 oz
GROUND BEEF



1
CAGE-FREE
FARM EGG



1/2 cup
BROWN RICE



1 8-oz can
TOMATO SAUCE



2 cloves
GARLIC



1
LIME



1/2 bunch
ASPARAGUS



1 bunch
CILANTRO

KNICK KNACKS:



1 1/2 Tbsp
GOLDEN RAISINS



1/4 cup
PANKO
BREADCRUMBS



1/2 oz
CASTELVETRANO
OLIVES



2 Tbsp
FROMAGE BLANC

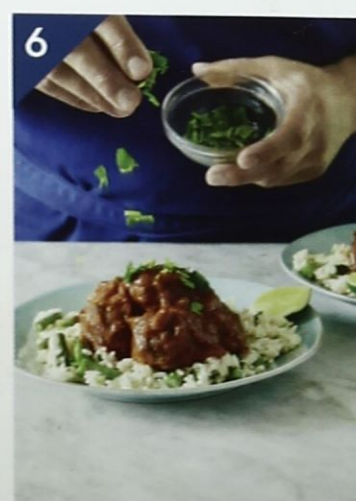
Rice: C- Flavor is good but very undercooked in time allotted. Need more time

Meatballs: A-. Would add other seasonings.

Wednesday



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the tough, woody stem ends of the asparagus; cut into 1-inch pieces, leaving the pointed tips intact.
- ☐ Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Using the flat side of your knife, smash the olives; remove and discard the pits, then roughly chop.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ Quarter the lime.

2 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 20 to 22 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork. Set aside in a warm place.

3 Cook the asparagus:

- ☐ While the rice cooks, in a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **asparagus**; season with salt and pepper.
- ☐ Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Transfer to a bowl and set aside in a warm place. Wipe out the pan.

4 Form the meatballs:

- ☐ While the rice continues to cook, in a large bowl, combine the **ground beef**, **raisins**, **breadcrumbs**, **egg**, and **half the garlic paste**; season with salt and pepper. Gently mix until just combined.
- ☐ Using your hands, form the mixture into 10 to 12 equal-sized meatballs. Transfer to a plate.

5 Cook the meatballs & make the sauce:

- ☐ While the rice continues to cook, in the same pan, heat a drizzle of olive oil on medium-high until hot. Add the **meatballs** and cook, turning occasionally, 4 to 6 minutes, or until browned.
- ☐ Add the **olives** and **remaining garlic paste**; cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **tomato sauce** and **1/4 cup of water**; season with salt and pepper. Cook, stirring occasionally and spooning the sauce over the meatballs, 4 to 6 minutes, or until the sauce is slightly thickened and the meatballs are cooked through. (If the sauce seems dry, add up to 2 tablespoons of warm water to achieve your desired consistency.) Remove from heat; season with salt and pepper to taste.

6 Finish the rice & plate your dish:

- ☐ To the pot of **cooked rice**, add the **cooked asparagus**, **fromage blanc**, **half the cilantro**, and the **juice of 2 lime wedges**. Stir to combine and season with salt and pepper to taste. (If the rice seems dry, add 1 tablespoon of water.)
- ☐ Divide the finished rice and **cooked meatballs and sauce** between 2 dishes. Garnish with the **remaining cilantro** and **remaining lime wedges**. Enjoy!