

Pesto Meatballs & Fresh Corn Polenta

with Marinated Sun Gold Tomatoes & Basil

In this beautiful dish, we're coating meatballs in a unique, handmade pesto. Our sauce gets its bright-green color (and flavor) not only from basil, but also from peppery arugula—combined with earthy walnuts, Parmesan and garlic. We're serving the pesto meatballs on top of creamy polenta, simmered with fresh corn kernels to accent the sweetness of the cornmeal. And for another topping, we're marinating sun gold tomatoes with basil and olive oil. The marinade softens the tomatoes slightly and draws out their tropically-sweet juices, providing an exquisite pairing for the savory meatballs.



Ingredients

- 1 1/8 Pounds Ground Beef
- 1 1/2 Cups Polenta
- 4 Ounces Sun Gold Tomatoes
- 4 Cloves Garlic
- 2 Ounces Arugula
- 2 Ears Of Corn
- 1 Yellow Onion
- 1 Large Bunch Basil

Knick Knacks

- 3 Tablespoons Butter
- 1/3 Cup Breadcrumbs
- 1/3 Cup Grated Parmesan Cheese
- 1/4 Cup Walnuts

Makes 4 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Pick the basil off the stems; discard the stems. Halve the tomatoes; place in a bowl with **half the basil** (roughly chopping before adding). Drizzle with olive oil and stir to combine; season with salt and pepper to taste. Peel the garlic. Mince 3 of the cloves. Mince the remaining clove; smash with the side of your knife until it resembles a paste (or use a zester). Finely chop the walnuts. Peel and small dice the onion. Remove and discard the husks and silks of the corn. Cut the kernels off the cobs; discard the cobs.

2



Make the pesto:

Add the **arugula** and **remaining basil** to the pot of boiling water. Cook, stirring occasionally, 30 seconds to 1 minute, or until wilted. Drain thoroughly. Transfer to a strainer; rinse under cold water. Hold or rest the strainer over a bowl. Using a spoon, press down on the greens to release as much liquid as possible; discard the liquid. Transfer the greens to a cutting board; very finely chop. In a large bowl, combine the **chopped greens**, **garlic paste**, **walnuts** and **half the cheese**. Slowly stir in enough olive oil to create a paste; season with salt and pepper to taste. Rinse and dry the pot.

3



Boil the polenta water & cook the aromatics:

In the pot used to cook the greens, heat **7½ cups of water** and **a big pinch of salt** to boiling on high. Meanwhile, in a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **onion** and **minced garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Transfer to a large bowl. Wipe out the pan.

4



Cook the polenta:

Add the **corn** and **polenta** to the pot of boiling water, whisking to break up any clumps; season with salt and pepper. Reduce the heat to low. Simmer, whisking frequently, 10 to 12 minutes, or until thickened. Remove from heat. Stir in the **butter** until well combined; season with salt and pepper to taste.

5



Form & cook the meatballs:

While the polenta cooks, add the **ground beef** and **breadcrumbs** to the bowl of cooked aromatics; season with salt and pepper. Gently mix until just combined. Using your hands, form the mixture into 24 equal-sized meatballs. In the pan used to cook the aromatics, heat 1 tablespoon of olive oil on medium until hot. Add the **meatballs**. Cook, turning occasionally, 4 to 6 minutes, or until browned on all sides. Loosely cover the pan with aluminum foil. Cook 3 to 5 minutes, or until cooked through. Remove from heat.

6



Finish the meatballs & serve your dish:

To the bowl of **pesto**, add the **cooked meatballs** and **2 tablespoons of water**. Toss to thoroughly coat; season with salt and pepper to taste. Divide the **cooked polenta** between 4 dishes. Top with the **finished meatballs** and **marinated tomatoes**. Garnish with the **remaining cheese**. Enjoy!