

# Chicken Meatballs & Fregola Sarda

with Kale & Sicilian Tomato Sauce

**PREP TIME:** 10 minutes

**COOK TIME:** 35-45 minutes

**SERVINGS:** 2

Tonight, to accompany garlic and parmesan-seasoned chicken meatballs, we're making a sauce inspired by the bright flavors of Sicily. Capers and golden raisins elevate simple tomato sauce with complementary briny and sweet notes. We're serving the meatballs and sauce over a bed of fregola sarda (a toasted semolina pasta) tossed with hearty kale and the juice of a pink lemon, known for its gorgeous color.



#### BLUE APRON WINE PAIRING:

Uvaggio Montagna Nera  
Red Wine, 2015

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## Ingredients



10 oz  
GROUND  
CHICKEN



1/2 cup  
FREGOLA SARDA  
PASTA



1 8-oz can  
TOMATO SAUCE



2 cloves  
GARLIC



1 bunch  
KALE



1  
PINK LEMON

#### KNICK KNACKS:



1 1/2 Tbsp  
GOLDEN RAISINS



2 Tbsp  
GRATED  
PARMESAN  
CHEESE



1/3 cup  
PANKO  
BREADCRUMBS



2 Tbsp  
MASCARPONE  
CHEESE



1 Tbsp  
CAPERS



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES



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### 1 Cook the pasta:

- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Once boiling, add the **pasta** and cook 14 to 16 minutes, or until tender.
- ☐ Drain thoroughly and return to the pot. Set aside in a warm place.

### 2 Prepare the ingredients:

- ☐ While the pasta cooks, wash and dry the fresh produce.
- ☐ Remove and discard the kale stems; roughly chop the leaves.
- ☐ Peel and finely chop the garlic.
- ☐ Quarter and deseed the lemon.

### 3 Cook the kale:

- ☐ While the pasta continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **kale** and **half the garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly wilted and fragrant.
- ☐ Add the **juice of all 4 lemon wedges** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the kale has wilted and the water has cooked off. Season with salt and pepper to taste.
- ☐ Transfer to the pot of **cooked pasta** and set aside in a warm place. Wipe out the pan.

### 4 Form & brown the meatballs:

- ☐ In a large bowl, combine the **ground chicken**, **breadcrumbs**, **remaining garlic** and **half the parmesan cheese**; season with salt and pepper. Gently mix to combine.
- ☐ Using your hands, form the mixture into 10 to 12 equal-sized meatballs. Transfer to a plate.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the meatballs and cook, turning occasionally, 5 to 7 minutes, or until lightly browned.

### 5 Make the sauce & finish the meatballs:

- ☐ To the pan, add the **raisins**, **capers** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **tomato sauce** and **½ cup of water**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until the sauce is slightly thickened and the meatballs are cooked through. Turn off the heat and season with salt and pepper to taste.

### 6 Finish the pasta & plate your dish:

- ☐ Add the **mascarpone cheese** and a drizzle of olive oil to the pot of **cooked pasta and kale**. Stir to thoroughly combine; season with salt and pepper to taste.
- ☐ Divide the finished pasta between 2 dishes. Top with the **finished meatballs and sauce**. Garnish with the **remaining parmesan cheese**. Enjoy!