

# Spaghetti & Meatballs

with Romaine Salad  
& Oregano Dressing

**PREP TIME:** 10 minutes

**COOK TIME:** 25-35 minutes

**SERVINGS:** 4

It's spaghetti and meatball night, chefs! We're keeping this classic simple with a two-ingredient tomato sauce and garlicky, cheesy meatballs. (Making all your meatballs the same size ensures that they finish cooking at the same time.) Dried oregano, with its concentrated savory, herbal flavor, elevates the dressing for our side salad of romaine and cucumber.



#### BLUE APRON WINE PAIRING:

Benziger Merlot, 2015

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## Ingredients



1 1/2 lbs  
GROUND BEEF



1  
CAGE-FREE FARM  
EGG



3/4 lb  
SPAGHETTI



1 15-oz can  
DICED TOMATOES



4 cloves  
GARLIC



1  
PERSIAN  
CUCUMBER



1  
ROMAINE HEART

#### KNICK KNACKS:



2 Tbsp  
APPLE CIDER  
VINEGAR



2 Tbsp  
GRATED  
PARMESAN  
CHEESE



1 tsp  
DRIED OREGANO



1/4 cup  
PANKO  
BREADCRUMBS



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## 1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Peel and roughly chop the garlic.
- ☐ Cut off and discard the root end of the romaine; roughly chop the leaves.
- ☐ Thinly slice the cucumber into rounds.

## 2 Make the sauce:

- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add **half the garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **diced tomatoes** and **1 cup of water**; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until slightly thickened and saucy.
- ☐ Remove from heat and transfer to a medium bowl; season with salt and pepper to taste. Rinse and wipe out the pan.



## 3 Form the meatballs:

- ☐ While the sauce cooks, in a large bowl, combine the **ground beef**, **breadcrumbs**, **egg**, **remaining garlic**, and **half the cheese**; season with salt and pepper. Gently mix to combine. Using your hands, form the mixture into 18 to 20 equal-sized meatballs. Transfer to a plate.

## 4 Cook & finish the meatballs:

- ☐ In the same pan, heat 1 teaspoon of olive oil on medium-high until hot.
- ☐ Add the **meatballs** in a single layer and cook, stirring occasionally, 5 to 7 minutes, or until evenly browned. Transfer to a plate. Carefully drain off and discard any drippings from the pan.
- ☐ Return the browned meatballs and **sauce** to the pan. Cook on medium-high, stirring occasionally, 5 to 7 minutes, or until the meatballs are cooked through. Turn off the heat and season with salt and pepper to taste.



## 5 Cook & finish the spaghetti:

- ☐ Once the meatballs have cooked for about 5 minutes, add the **spaghetti** to the pot of boiling water. Cook 8 to 10 minutes, or until al dente (still slightly firm to the bite). Reserving **1 cup of the spaghetti cooking water**, drain thoroughly.
- ☐ Transfer to the pan of **finished meatballs and sauce**. Add **half the reserved spaghetti cooking water** and cook on low, stirring vigorously, 1 to 2 minutes, or the spaghetti is until thoroughly coated. (If the sauce seems dry, gradually add the remaining cooking water to achieve your desired consistency.) Season with salt and pepper to taste.



## 6 Make the salad & serve your dish:

- ☐ While the spaghetti cooks, to make the dressing, in a bowl, combine the **vinegar** and **dried oregano**. Slowly whisk in **2 teaspoons of olive oil** until well combined; season with salt and pepper to taste. Just before serving, in a large bowl, combine the **romaine** and **cucumber**. Add enough of the dressing to coat the salad (you may have extra dressing); toss to mix. Season with salt and pepper to taste. Transfer to a serving dish.
- ☐ Transfer the **finished spaghetti and meatballs** to a separate serving dish. Garnish with the **remaining cheese**. Serve with the salad. Enjoy!