



European-Style Meatballs and Cavatappi with Mushroom Sauce and Spinach

Discovery Special 35 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



-  Lean Ground Bison
-  Ground Beef
-  Cavatappi
-  Mushrooms
-  Baby Spinach
-  Garlic, cloves
-  Parmesan Cheese, shredded
-  Cream Cheese
-  Beef Broth Concentrate
-  Italian Breadcrumbs
-  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!

HELLO BISON

Though similar in taste, this flavourful cut of meat is leaner than beef!

Start here

Before starting, wash and dry all produce.

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

Bust out

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

Ingredients

	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	¼ 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.



Issue with your meal?
Scan the QR code to
share your feedback.

1



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**.

4



Sear meatballs

- Heat a large non-stick pan over medium-high 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.

2



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**.**

5



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.**

3



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.

6



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!