

DINNERLY



Mediterranean Pork Patties with Tabbouleh & Yogurt Sauce



20-30min



2 Servings

How would we describe the perfect bite? That's a tough one. We'd have to say something like this plate of juicy meatballs spiked with ras el hanout and bulgur, because it's not too hot, not too cold. All you need is a light salad of tabbouleh and heavy dip of garlicky yogurt sauce to give this comfort food a healthy makeover, without compromising any flavor. We've got you covered!

WHAT WE SEND

- 4 oz quick-cooking bulgur ²
- 2 plum tomatoes
- ¼ oz fresh parsley
- 1 pkg ground pork
- 1 pkt ras el hanout spice blend
- 4 oz Greek yogurt ³

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar)
- egg ¹
- garlic

TOOLS

- small saucepan
- rimmed baking sheet

ALLERGENS

Egg (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 850kcal, Fat 55g, Carbs 51g, Protein 41g



1. Cook bulgur

Heat **1 tablespoon oil** in a small saucepan over medium. Add **bulgur** and cook, stirring, until toasted, 2–4 minutes. Add **¾ cup water** and **½ teaspoon salt**; bring to a boil. Cover and simmer over low until bulgur is tender and water is absorbed, about 12 minutes. Scoop **¼ cup of cooked bulgur** onto a plate to cool. Cover **remaining cooked bulgur** to keep warm.



2. Prep tabbouleh

Peel and finely chop **2 teaspoons garlic**. Cut **tomatoes** into ½-inch pieces. Roughly chop **parsley leaves and tender stems**. In a medium bowl, whisk together **1 tablespoon vinegar**, **2 tablespoons oil**, and a **generous pinch each salt and pepper**. Stir in tomatoes and set aside to marinate.



3. Season pork

Preheat broiler with a rack in the center position. In a medium bowl, combine **pork**, **1 large egg**, **1½ teaspoons of the chopped garlic**, **1 tablespoon of the ras el hanout spice blend**, **cooled bulgur**, **¾ teaspoon salt**, and a **few grinds pepper**. Stir gently to combine.



4. Cook pork patties

Shape **pork mixture** into 8 (2-inch) football-shaped meatballs and place on a rimmed baking sheet. Broil on center oven rack until **pork patties** are golden-brown, crisp, and cooked through, 8–10 minutes.



5. Finish & serve

In a medium bowl, stir to combine **yogurt** and **remaining chopped garlic**; season to taste with **salt** and **pepper**. Stir **parsley** and **remaining bulgur** into bowl with **tomatoes**; season to taste with **salt** and **pepper**. Serve **pork patties** with **tabbouleh** and **yogurt sauce** alongside. Enjoy!



6. Make it ahead!

From the bulgur to pork patties, most of this quick-fix meal can be made beforehand. Cook the bulgur, shape the pork patties, and keep both covered in the refrigerator for up to a day ahead. Take bulgur out 20 minutes before serving to let it come to room temperature.