

DINNERLY



Harissa Meatball Tagine with Israeli Couscous & Feta



40-50min



2 Servings

Is there anything more satisfying than stirring together a pot of stew? It helps if it tastes as good as this tagine! We light up the tomatoey Moroccan stew with bright and spicy harissa before simmering with homemade beef meatballs. Add some fluffy couscous to soak up the sauce and crumble feta over top for a creamy final touch. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- ¼ oz harissa spice blend
- 14½ oz whole peeled tomatoes
- 6 oz Israeli couscous ¹
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- 1.4 oz feta cheese ⁷

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- sugar
- 1 large egg ³

TOOLS

- medium Dutch oven or ovenproof pot
- medium saucepan

ALLERGENS

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 980kcal, Fat 41g, Carbs 92g, Protein 50g

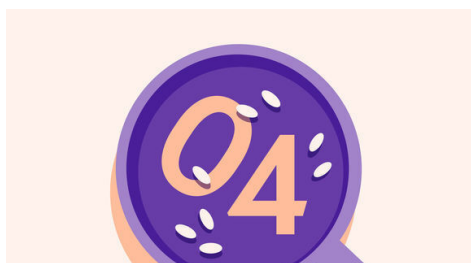


1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

Coarsely chop **half of the onion**. Finely chop **remaining onion**. Finely chop **2 teaspoons garlic**.

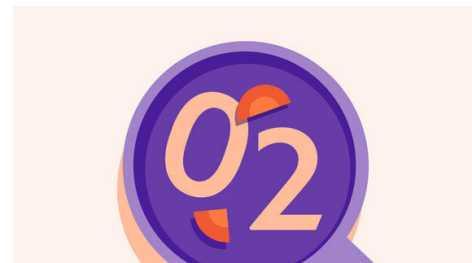
Heat **1 tablespoon oil** in a medium Dutch oven or ovenproof pot over medium-high. Add coarsely chopped onions; season with **a pinch each of salt and pepper**. Cook, stirring occasionally, until starting to brown, about 5 minutes.



4. Make meatballs

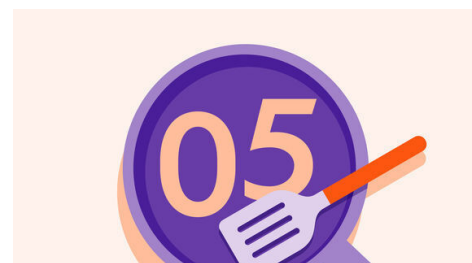
To bowl with **cooked onions**, add **beef**, **½ cup panko**, **1 large egg**, **½ teaspoon salt**, and **a few grinds of pepper**. Mix until fully combined.

Form mixture into roughly **1 tablespoon-sized meatballs** (around 14 total), adding to pot with **tomato sauce** as you go.



2. Make tomato sauce

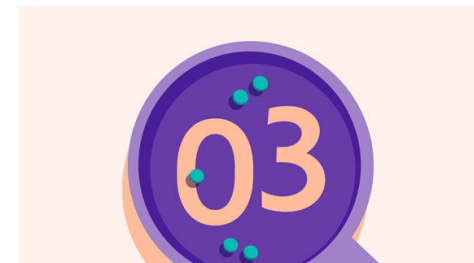
Add **chopped garlic** and **harissa spice**, cook until fragrant. Add **tomatoes**, **½ cup water**, and **1 teaspoon each of salt and sugar**. Bring to a simmer. Cover and reduce heat to low. Cook until tomatoes are completely tender, about 15 minutes. Off heat, using a fork or potato masher, crush tomatoes until a coarse sauce forms. Set aside for step 4.



5. Bake tagine & serve

Bake pot on center oven rack uncovered until **meatballs** are cooked through and **sauce** is slightly reduced, about 15 minutes. Let rest for 5 minutes. Stir to coat meatballs in sauce. Fluff **couscous** with a fork.

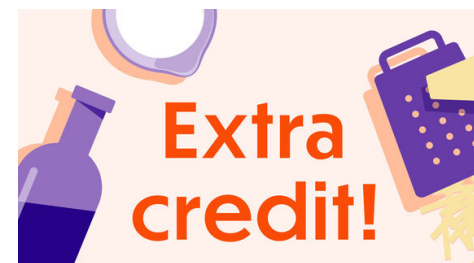
Serve **harissa meatball tagine** over **couscous** with **feta** crumbled over top. Enjoy!



3. Cook couscous

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **finely chopped onions**; cook until just starting to caramelize, 5–7 minutes. Transfer **⅔** to a medium bowl.

Add **1 teaspoon oil** and **couscous**. Cook, stirring until toasted, 2–4 minutes. Add **1½ cups water** and **1 teaspoon salt**; bring to a boil. Cover, reduce heat, and simmer until liquid is absorbed, 11–13 minutes.



6. Check us out!

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