



Beef Koftas & Couscous Salad

with Tzatziki & Roasted Pepper Relish



35min



2 Servings

We love meatballs of all shapes and sizes, and these days we're particularly smitten with kofta—a spiced meatball eaten in the Middle East, South Asia, and Eastern Mediterranean. Here, we keep it classic with grass-fed ground beef, fresh dill, and warm spice from ras el hanout. We rest the football-shaped koftas upon a bed of garlicky tzatziki then round out the dish with couscous-cucumber salad and nutty red pepper relish.

What we send

- 3 oz couscous ²
- 1 oz walnuts ³
- garlic
- 2 (2 oz) roasted red peppers
- 4 oz tzatziki ^{4,3}
- 1 cucumber
- ¼ oz fresh dill
- 10 oz pkg grass-fed ground beef
- ¼ oz ras el hanout

What you need

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

Tools

- small saucepan
- medium skillet

Cooking tip

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Allergens

Egg (1), Wheat (2), Tree Nuts (3), Milk (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

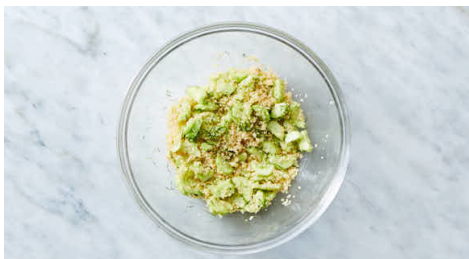
Nutrition per serving

Calories 870kcal, Fat 54g, Carbs 49g, Protein 40g



1. Cook couscous

In a small saucepan, bring **½ cup water** and a **pinch of salt** to a boil. Stir in **couscous**, then cover and remove from heat. Let stand 5 minutes. Fluff with a fork, then transfer ½ cup to a plate to cool; reserve for step 5. Set remaining 1¼ cups couscous aside for step 4.



4. Make cucumber salad

Trim and discard ends from **cucumbers**; peel, halve lengthwise, and thinly slice into half-moons. Pick **dill fronds** from **stems**; finely chop stems and coarsely chop fronds, keeping them separate. In a medium bowl, combine **1¼ cups couscous, cucumbers, half of the dill fronds, 2 teaspoons vinegar**, and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



2. Prep ingredients

Heat a medium skillet over medium. Add **walnuts**, then cook, stirring, until toasted, 4–5 minutes. Transfer to cutting board. Reserve skillet for step 6. Finely chop **1 teaspoon garlic**. Pat **roasted peppers** dry.



5. Season & shape koftas

In a 2nd medium bowl, combine **beef, reserved ½ cup couscous, remaining dill fronds and stems, 1 teaspoon ras el hanout, 1 large egg yolk, ½ teaspoon salt**, and a **few grinds pepper**. Form mixture into 4 oval patties.



3. Prep relish & tzatziki

Finely chop together **walnuts, roasted peppers**, and **½ teaspoon of the garlic**; transfer to a small bowl (or finely chop in a food processor). Stir in **1 tablespoon oil** and **1 teaspoon vinegar**; season with **salt** and **pepper**.

In a 2nd small bowl, stir to combine **tzatziki** and remaining chopped garlic; season to taste with **salt** and **pepper**.



6. Cook koftas & serve

Heat **1 tablespoon oil** in reserved skillet over medium. Add **koftas** and cook until browned and cooked through, about 6 minutes per side.

Spoon **tzatziki** and **cucumber salad** onto plates. Top **tzatziki** with **koftas**, and spoon **red pepper relish** over top. Drizzle with **olive oil**. Enjoy!