

DINNERLY



FAST

Middle Eastern Meatballs with Tabbouleh & Sour Cream



20-30min



2 Servings

Meatballs are like snowflakes—no two are the same, each one special in its own right. They don't all come smothered in red sauce!! These meatballs are inspired by kibbeh, a Middle Eastern version consisting of spiced ground beef mixed with bulgur wheat. The tabbouleh is a grain salad with fresh tomatoes and onions that's a light, fresh, flavorful side. We've got you covered!

WHAT WE SEND

- ras el hanout
- plum tomatoes
- ground beef
- red onion
- garlic
- 1
- 7

WHAT YOU NEED

- 1 large egg ³
- kosher salt & ground pepper
- olive oil
- red wine vinegar

TOOLS

- small 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 720kcal, Fat 39g, Carbs 60g, Protein 33g



1. Cook bulgur

Peel and finely chop **2 teaspoons garlic**. Heat **1 tablespoon oil** and **half of the garlic** in a small saucepan over medium until sizzling, about 1 minute. Add **bulgur**. Cook until toasted, 2–4 minutes. Add **¾ cup water** and **½ teaspoon salt**; bring to a boil. Cover; simmer over low until tender and water is absorbed, about 12 minutes. Cover to keep warm off heat.



2. Marinate vegetables

Meanwhile, halve and peel **onion**, then thinly slice ¼ cup and finely chop ½ cup. Cut **tomato** into ½-inch pieces. In a medium bowl, whisk together **1 tablespoon vinegar**, **2 tablespoons oil** and a **generous pinch each salt and pepper**. Stir in tomatoes and sliced onions. Set aside to marinate.



3. Make meatballs

Preheat broiler with an oven rack in the center position. In a medium bowl, combine **beef**, **1 large egg**, **chopped onion**, **remaining garlic**, **1¼ teaspoon ras el hanout**, **¼ cup of the cooked bulgur** (save rest for step 5), **¾ teaspoon salt**, and a **few grinds pepper**. Stir gently to combine.



4. Cook meatballs

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



5. Finish tabbouleh & serve

Add **remaining cooked bulgur** to bowl with **tomatoes** and **onions**. Stir together and season to taste with **salt** and **pepper**. In a small bowl, slightly thin **sour cream** by mixing in **1 teaspoon water** at a time, as needed. Season to taste with **salt** and **pepper**. Serve **tabbouleh** with **meatballs** on top or alongside and spoon **sour cream** over top. Enjoy!



6. Take it to the next level

Turn this into a mezze-inspired meal with pita and hummus. Either pile the meatballs, hummus, and tabbouleh into the pita, along with sour cream OR serve wedges of pita alongside for dipping into hummus and tabbouleh. Hot sauce would spice it all up!