

DINNERLY



Harissa Turkey Meatballs in Red Pepper Sauce

with Couscous, Almonds & Mint



20-30min



2 Servings

Your meatball dinner just got a major upgrade thanks to a few fancy toppings and a decadent, spicy harissa sauce that'll knock your socks off. We also opted for turkey meat for a heart-healthy, protein-packed dinner that'll leave you oh so satisfied. Say it with us: nutritious and delicious. We've got you covered!

WHAT WE SEND

- 2 (3 oz) Israeli couscous ³
- 10 oz pkg ground turkey
- ¼ oz harissa spice blend
- 1 oz panko ³
- 1 oz salted almonds ⁴
- ¼ oz fresh mint
- 4 oz roasted red pepper pesto ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 1 large egg yolk ¹
- butter ²
- all-purpose flour ³

TOOLS

- medium saucepan
- medium nonstick skillet

COOKING TIP

To separate the egg, crack egg into a small bowl and use the shell or a spoon to scoop out the yolk.

ALLERGENS

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

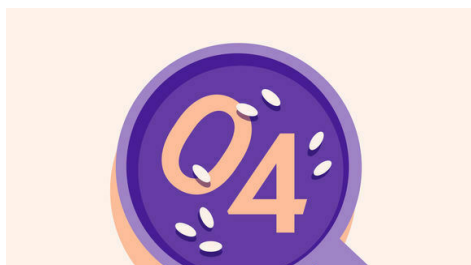
NUTRITION PER SERVING

Calories 900kcal, Fat 51g, Carbs 75g, Protein 43g



1. Cook couscous

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **couscous**; cook, stirring, until golden brown, 2–5 minutes. Add **1½ cups water** and **1 teaspoon salt**; cover and bring to a boil. Reduce heat to low; cook until liquid is absorbed and couscous is al dente, 10–12 minutes. Keep covered off heat until ready to serve.



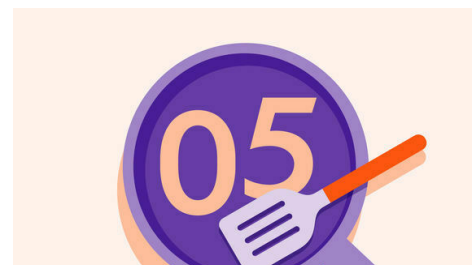
4. Make sauce

To skillet with **meatballs**, add **1 tablespoon butter** and **1 teaspoon flour**. Cook stirring, until butter is melted, about 30 seconds. Reduce heat to medium and add **¾ cup water**; bring to a simmer. Stir in **red pepper pesto**. Cook, turning meatballs in sauce, until cooked through, about 5 minutes more (If sauce is too thick, add 1 tablespoon of water at a time, as needed).



2. Make meatballs

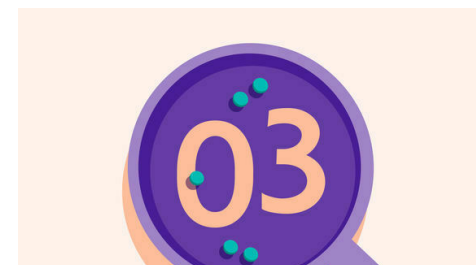
Separate **1 large egg yolk** from white (see cooking tip); discard white or save for own use. Add to a medium bowl with **ground turkey**, **harissa spice**, **¼ cup panko**, **1 teaspoon salt**, and **a few grinds of pepper**. Mix to combine and shape into **8 meatballs**.



5. Finish & serve

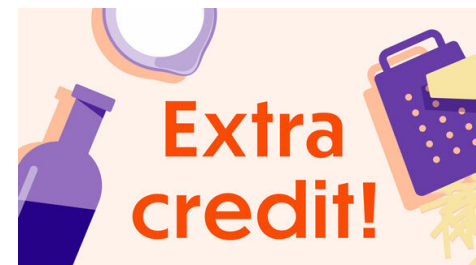
Season **sauce** to taste with **salt** and **pepper**. Coarsely chop **almonds**. Remove **mint leaves** from stems and coarsely chop; discard stems. Fluff **couscous** with a fork.

Serve **harissa meatballs** and **red pepper sauce** over couscous. Sprinkle **chopped almonds** and **mint** over top. Enjoy!



3. Cook meatballs

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning as sides brown, until well browned all over and almost cooked through, 5–7 minutes.



6. Take it to the next level

Add some dried fruit like raisins, currants, or dried apricots when cooking the couscous in step 1 for a pop of sweetness!