



Turkey Koftas & Quinoa 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 make a leaner version with ground turkey, 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 quinoa-cucumber salad and nutty red pepper relish.

What we send

- 3 oz white quinoa
- 1 oz walnuts ¹⁵
- garlic
- 2 (2 oz) roasted red peppers
- 4 oz tzatziki ^{7,15}
- 1 cucumber
- ¼ oz fresh dill
- 10 oz pkg ground turkey
- ¼ oz ras el hanout

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or apple cider vinegar) ¹⁷
- 1 large egg yolk ³

Tools

- small saucepan
- medium skillet

Cooking tip

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Allergens

Egg (3), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

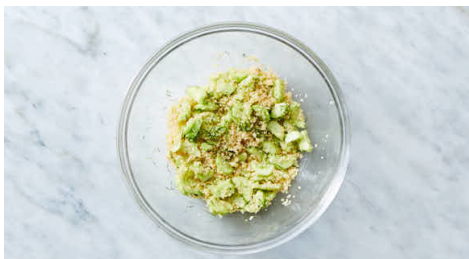
Nutrition per serving

Calories 820kcal, Fat 58g, Carbs 44g, Protein 37g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Let stand 5 minutes. Fluff with a fork, then transfer ½ cup to a plate to cool (this will be for the koftas); reserve for step 5. Set remaining quinoa 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, stir to combine **remaining quinoa**, **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 **all of the roasted peppers** dry.



5. Season & shape koftas

In a 2nd medium bowl, combine **turkey**, **reserved ½ cup quinoa**, **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 second 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!