

# 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) pearl couscous <sup>3</sup>
- 10 oz pkg ground turkey
- ¼ oz harissa spice blend
- 1 oz panko <sup>3</sup>
- 1 oz salted almonds <sup>4</sup>
- ¼ oz fresh mint
- 4 oz roasted red pepper pesto <sup>2</sup>

## WHAT YOU NEED

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

## 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.



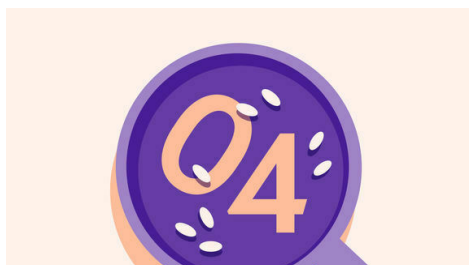
### 2. Make meatballs

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**.



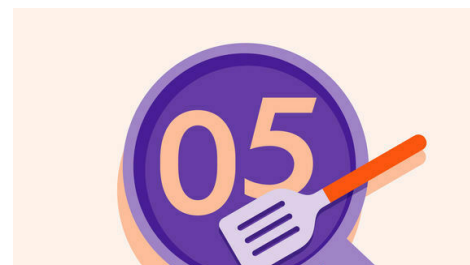
### 3. Cook meatballs

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.



### 4. Make sauce

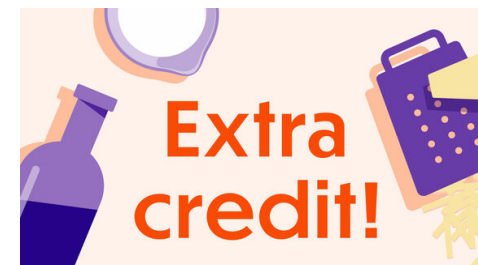
To skillet with **meatballs**, add **1 tablespoon butter** and **1 teaspoon flour**. Cook stirring, until butter is melted, about 30 seconds. Reduce heat to medium and add **¾ cup water**; bring to a simmer. Stir in **red pepper pesto**. Cook, turning meatballs in sauce, until cooked through, about 5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



### 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!



### 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!