



Tray Bake: Moroccan Meatballs & Couscous

with Golden Raisins & Feta



20-30min



2 Servings

This dinner shortcut is no work, all flavor. Just mix the ingredients in our easy-to-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. Ras el hanout brings complex flavor to tender couscous and plump golden raisins that sit under ready to heat meatballs and bake into a tangy bed of tomato sauce. Final sprinkles of parsley and feta tie it all together.

What we send

- 2 (3 oz) couscous ¹
- 1 oz golden raisins ¹⁷
- 8 oz tomato sauce
- 1 pkt chicken broth concentrate
- ¼ oz ras el hanout
- ½ lb pkg ready to heat beef meatballs
- ¼ oz fresh parsley
- 2 oz feta ⁷
- aluminum foil tray

What you need

- kosher salt & ground pepper
- olive oil

Tools

- aluminium foil

Allergens

Wheat (1), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 37g, Carbs 123g, Protein 34g



1. Assemble tray bake

Preheat oven to 450°F with a rack in the center.

In tray, stir together **couscous, raisins, tomato sauce, broth concentrate, ras el hanout, 1 teaspoon salt**, and **½ cup water**. Arrange **meatballs** over couscous. Cover tray with foil. Bake on center rack until liquid is absorbed, couscous is tender, and meatballs are hot, 15-20 minutes. Rest, covered, for 5 minutes.



2. Finish

Pick **parsley leaves** from stems and finely chop; discard stems. Crumble **feta**. Fluff **couscous** with a fork; season to taste with **salt** and **pepper**.



3. Serve

Scatter **feta** and **parsley** over tray bake. Drizzle with oil, if desired. Enjoy!



4. ...

Looking for more steps?



5. ...

You won't find them here!



6. ...

Enjoy your Martha Stewart & Marley Spoon meal!