



## Harissa Meatball Tagine

with Currants & Couscous



30-40min



2 Servings

Cozy up to these tender meatballs in a warmly spiced tomato sauce that we serve over a bed of fluffy couscous. Inspired by the flavorful North African stews known as tagines, we form grass-fed ground beef into meatballs that we simmer in a harissa spice-scented tomato sauce. Sweet, dried currants fleck the quick-cooking couscous and we garnish it all with fresh mint, crunchy almonds, and tangy feta.



## What we send

- 1 yellow onion
- garlic
- ¼ oz harissa spice blend
- 14½ oz can whole peeled tomatoes
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>1</sup>
- 3 oz couscous <sup>1</sup>
- ½ oz dried currants
- 1 oz salted almonds <sup>15</sup>
- ¼ oz fresh mint
- 2 oz feta <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- sugar
- 1 large egg <sup>3</sup>

## Tools

- medium Dutch oven or ovenproof pot with lid
- microwave

## Cooking tip

Wrap any remaining herbs in a slightly damp paper towel and store in a plastic bag until ready to use.

## Allergens

Wheat (1), Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 890kcal, Fat 40g, Carbs 74g, Protein 49g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Coarsely chop **onion**. Finely chop **2 teaspoons garlic**.

Heat **1 tablespoon oil** in a medium Dutch oven or ovenproof pot over medium. Add onions; season with **a pinch each of salt and pepper**. Cook, stirring occasionally, until softened and slightly caramelized, 5–7 minutes.



### 4. Make meatballs

To bowl with **reserved onions**, add **ground beef**, **⅓ cup panko**, **1 egg**, **½ teaspoon salt** and **a few grinds of pepper**. Mix until combined.

Form mixture into roughly **1 tablespoon-sized meatballs** (around 14 total), adding to pot with **tomato sauce** as you go. Bake pot on center oven rack uncovered until **meatballs** are cooked through and **sauce** is slightly reduced, about 15 minutes.



### 2. Start sauce

Transfer **⅓ of the onions** to a medium bowl. To pot with **remaining onions**, add **harissa spice** and **garlic**. Cook, stirring, until, fragrant, about 30 seconds. Add **½ cup water** and bring to a simmer, scraping up bits from the bottom of the pan.



### 5. Make couscous

Microwave **⅔ cup water** and **a pinch of salt** until steaming. Stir in **couscous** and **currants**. Cover with plastic wrap and let steam for at least 12 minutes, until couscous has absorbed all of the liquid.



### 3. Add tomatoes

Add **tomatoes** and **1 teaspoon each of salt and sugar**. Bring to a simmer and cover. Reduce heat to low and cook until tomatoes are completely softened, about 15 minutes. Off heat, using a fork or potato masher, crush tomatoes until a coarse sauce forms.



### 6. Garnish & serve

Coarsely chop **almonds**. Pick **mint leaves** from stems and coarsely chop; discard stems. Fluff **couscous** with a fork and stir in **almonds**. Garnish **meatball tagine** with **mint** and **crumbled feta** over top. Serve and enjoy!