



Turkish Braised Beef Meatballs

with Israeli Couscous Pilaf & Feta



30min



2 Servings

Braising is a low and slow process with a big flavor payoff. We cut down the time without skimping on taste thanks to our ready to heat meatballs. The hearty beef meatballs simmer in a spiced sauce of onions, tomato paste, and baharat spice. All of the flavors meld together in delicious harmony, perfect for spooning over fluffy couscous seasoned with plump raisins.

What we send

- 3 oz Israeli couscous ¹
- 1 oz golden raisins ¹⁷
- ½ lb pkg ready to heat beef meatballs
- 1 yellow onion
- 6 oz tomato paste
- ¼ oz baharat spice blend ¹¹
- ¼ oz fresh parsley
- 2 oz feta ⁷

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- sugar

Tools

- small saucepan
- medium nonstick skillet

Cooking tip

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Allergens

Wheat (1), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 59g, Carbs 94g, Protein 29g



1. Make couscous

Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **couscous** and cook, stirring, until golden brown, 3-4 minutes. Add **¾ cup water, raisins** and **½ teaspoon salt**. Cover and bring to a boil. Reduce heat to low; cook until couscous is al dente, 10-12 minutes.

Stir in **1 tablespoon butter**; keep covered until ready to serve.



4. Add meatballs & simmer

Return **meatballs** to skillet with **sauce**, turning to coat. Reduce heat to medium-low, then cover and simmer until flavors have melded and meatballs are warmed through, 5-10 minutes. Season to taste with **salt** and **pepper**.



2. Cook meatballs

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook until warmed through and browned in spots, about 5 minutes per side. Transfer to a plate; return skillet to stove.

Finely chop **onion**.



5. Finish & serve

Coarsely chop **parsley**.

Serve **Turkish braised meatballs** over **couscous**. Crumble **feta** over top and sprinkle with **parsley**. Enjoy!



3. Make sauce

Heat **1 tablespoon oil** in same skillet over medium. Add **onions** and a **pinch of salt**; cook, stirring, until softened, 3-4 minutes. Add **baharat spice** and **half of the tomato paste** (save rest for own use); cook, stirring, until fragrant and tomato paste is deep red, 3-4 minutes. Stir in **1 cup water** and **½ teaspoon sugar**; bring to a simmer.



6. Rate Your Plate!

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