

DINNERLY



Mediterranean Lamb Patties with Tabbouleh & Greek Yogurt



20-30min



2 Servings

How would we describe the perfect bite? That's a tough one. We'd have to say something like this plate of juicy meatballs spiked with gyro spice and bulgur, because it's not too hot, not too cold. All you need is a light salad of tabbouleh and a heavy dip of cool Greek yogurt to give this comfort food a healthy makeover—without compromising any flavor. We've got you covered!

WHAT WE SEND

- 4 oz quick-cooking bulgur ¹
- 2 plum tomatoes
- ¼ oz fresh parsley
- 10 oz pkg ground lamb
- ¼ oz gyro spice
- 4 oz Greek yogurt ⁷

WHAT YOU NEED

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

TOOLS

- small saucepan
- rimmed baking sheet

COOKING TIP

Make it ahead! Cook the bulgur, shape the patties, and keep covered in the fridge for up to a day ahead. Take bulgur out 20 minutes before serving to let it come to room temperature.

ALLERGENS

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 870kcal, Fat 55g, Carbs 49g, Protein 46g



1. Cook bulgur

Heat **1 tablespoon oil** in a small saucepan over medium. Add **bulgur** and cook, stirring, until toasted, 2–4 minutes. Add **¾ cup water** and **½ teaspoon salt**; bring to a boil. Cover and simmer over low heat until bulgur is tender and water is absorbed, about 12 minutes.

Scoop **¼ cup of the cooked bulgur** onto a plate to cool. Cover remaining bulgur to keep warm.



4. Finish tabbouleh & serve

Stir **parsley** and **remaining bulgur** into bowl with **tomatoes**; season to taste with **salt** and **pepper**.

Serve **lamb patties** with **tabbouleh** and **yogurt** alongside. Enjoy!



2. Prep tabbouleh

Preheat broiler with a rack in the center.

Cut **tomatoes** into ½-inch pieces. Roughly chop **parsley leaves and tender stems**.

In a medium bowl, whisk together **1 tablespoon vinegar**, **2 tablespoons oil**, and **a generous pinch each of salt and pepper**. Stir in tomatoes and set aside to marinate.



5. ...

What were you expecting, more steps?



3. Broil lamb patties

In a second medium bowl, combine **lamb**, **gyro spice**, **cooled bulgur**, **1 large egg**, **¾ teaspoon salt**, and **a few grinds of pepper**. Stir gently to combine. Shape into 8 (2-inch) football-shaped meatballs. Place on a rimmed baking sheet.

Broil on center oven rack until golden-brown, crisp, and cooked through, 8–10 minutes (watch closely as broilers vary).



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!