DINNERLY



Mediterranean Beef Meatballs

with Couscous Tabbouleh & Garlic Sauce

30min 💥 2 Servings

Za'atar tastes as delightful as it sounds. It typically includes a variety of savory herbs, spices, and sesame seeds—and instantly bumps up the flavor level of anything it touches. Here, it takes hearty beef meatballs from drab to fab. The tabbouleh, made of couscous, cukes, and roasted red pepper is such a sensational side, that you'll be recreating it for many a meal to come. We've got you covered!

WHAT WE SEND

- 3 oz couscous ¹
- 4 oz Greek yogurt ²
- 1 cucumber
- 4 oz roasted red peppers
- 10 oz pkg grass-fed ground beef
- ¼ oz za'atar spice blend ³

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- red wine vinegar (or apple cider vinegar)
- olive oil

TOOLS

- small saucepan
- rimmed baking sheet

ALLERGENS

Wheat (1), Milk (2), Sesame (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 670kcal, Fat 31g, Carbs 47g, Protein 40g



1. Cook couscous

4. BEEF VARIATION

Preheat broiler with a rack in the top

In a medium bowl, mix or knead to

grinds of pepper. Shape into 10 (2tablespoon) meatballs, transferring to

prepared baking sheet as you go.

position. Lightly oil a rimmed baking sheet.

combine beef, reserved cooled couscous,

remaining chopped garlic, 2 teaspoons

za'atar spice, 1/2 teaspoon salt, and a few

In a small saucepan, bring ½ **cup water** and **a pinch of salt** to a boil over high. Stir in **couscous**, then cover and remove from heat. Let stand 5 minutes. Fluff with a fork, then transfer ½ **cup couscous** to a plate to cool for step 4. Cover remaining couscous in saucepan to keep warm until step 3.



2. Make garlic sauce

Finely chop 1 teaspoon garlic.

In a small bowl, whisk to combine **yogurt**, ½ **teaspoon of the chopped garlic**, and **2 tablespoons water** until smooth. Season to taste with **salt** and **pepper**; set aside until ready to serve.



5. Broil meatballs & serve

Drizzle **meatballs** with **oil**, then broil on top oven rack until browned and cooked through, flipping after 5 minutes, 6–8 minutes total (watch closely as broilers vary).

Serve meatballs over couscous tabbouleh. Top with garlic sauce and some of the remaining za'atar spice. Enjoy!



3. Make couscous tabbouleh

Trim **cucumber** (peel, if desired), then cut into $\frac{1}{2}$ -inch pieces.

To saucepan with **warm couscous**, stir in 2 tablespoons oil and 1 tablespoon vinegar; season with salt and pepper. Add roasted red peppers and cucumbers, stirring to combine; season to taste.



6. Did you know?

Research shows that about ¹/₃ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.