



## Turkish Braised Beef Meatballs

with Pearl 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 pearl couscous <sup>1</sup>
- 1 oz golden raisins <sup>17</sup>
- ½ lb pkg ready to heat beef meatballs <sup>1,3,6,7</sup>
- 1 yellow onion
- ¼ oz baharat spice blend <sup>11</sup>
- 6 oz tomato paste
- ¼ oz fresh parsley <sup>7</sup>
- 2 oz feta <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>7</sup>
- sugar

## Tools

- small saucepan
- medium nonstick skillet

## Cooking tip

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## Allergens

Wheat (1), Egg (3), Soy (6), 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 810kcal, Fat 46g, Carbs 73g, Protein 30g



### 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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