



Turkish Braised Beef Meatballs

with Quinoa 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 quinoa seasoned with plump raisins.

What we send

- 3 oz white quinoa
- 1 oz golden raisins ¹⁷
- ½ lb pkg ready to heat beef meatballs ^{1,3,6,7}
- 1 yellow onion
- ¼ oz baharat spice blend ¹¹
- 6 oz tomato paste
- 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), 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 820kcal, Fat 47g, Carbs 69g, Protein 30g



1. Make quinoa

Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **quinoa** and cook, stirring, until golden brown, 1-2 minutes. Add **¾ cup water, raisins** and **½ teaspoon salt**. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Keep covered off heat until ready to serve.

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 **quinoa**. 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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