

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

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**.

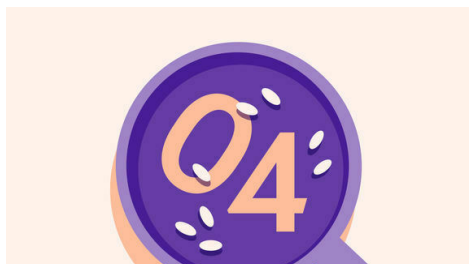
In a small bowl, whisk to combine **yogurt**, ½ **teaspoon of the chopped garlic**, and 2 **tablespoons water** until smooth. Season to taste with **salt** and **pepper**; set aside until ready to serve.



3. Make couscous tabbouleh

Trim **cucumber** (peel, if desired), then cut into ½-inch pieces.

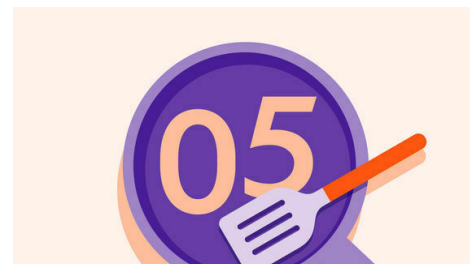
To saucepan with **warm couscous**, stir in 2 **tablespoons oil** and 1 **tablespoon vinegar**; season with **salt** and **pepper**. Add **roasted red peppers** and **cucumbers**, stirring to combine; season to taste.



4. BEEF VARIATION

Preheat broiler with a rack in the top position. Lightly **oil** a rimmed baking sheet.

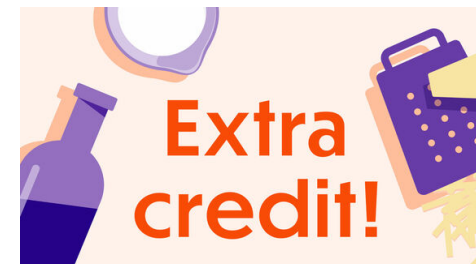
In a medium bowl, mix or knead to combine **beef**, **reserved cooled couscous**, **remaining chopped garlic**, 2 **teaspoons za'atar spice**, ½ **teaspoon salt**, and a **few grinds of pepper**. Shape into 10 (2-tablespoon) **meatballs**, transferring to prepared baking sheet as you go.



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!



6. Did you know?

Research shows that about ⅓ 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.