



Turkish Braised Beef Meatballs

with Pearl Couscous Pilaf & Feta



30-40min



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 simple prep 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 ⁴
- 1 oz golden raisins
- 10 oz pkg grass-fed ground beef
- 1 oz panko ⁴
- 1 yellow onion
- 6 oz tomato paste
- ¼ oz baharat spice blend ³
- ¼ oz fresh parsley
- 2 oz feta ²

What you need

- olive oil
- kosher salt & ground pepper
- butter ²
- sugar
- large egg ¹

Tools

- small saucepan
- medium nonstick skillet

Cooking tip

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Allergens

Egg (1), Milk (2), Sesame (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 960kcal, Fat 48g, Carbs 76g, Protein 46g



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.



2. Cook meatballs

To a medium bowl, add **beef, 1 large egg, ¼ cup panko, ½ teaspoon salt**, and **several grinds of pepper**. Knead gently to combine. Shape into 8 meatballs.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until cooked through, 12-16 minutes. Transfer to a plate; return skillet to stove.

Finely chop **onion**.



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.



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**.



5. Finish & serve

Coarsely chop **parsley**.

Serve **Turkish braised meatballs** over **couscous**. Crumble **feta** over top and sprinkle with **parsley**. Enjoy!



6. Rate Your Plate!

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