



Turkish Braised Beef Meatballs

with Quinoa 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 quinoa seasoned with plump raisins.

What we send

- 3 oz white quinoa
- 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

Want to see helpful cooking tips, tricks, and bonus Marley Spoon content? Follow us on Instagram @marleyspoon or TikTok @marleyspoonus for more!

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 970kcal, Fat 50g, Carbs 72g, Protein 46g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

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

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**.



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!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.