



Sheet Pan Mediterranean Meatball Bake

with Marinated Tomatoes, Feta & Couscous



35min



2 Servings

With just one sheet pan, this Mediterranean meatball roast is as easy to clean up as it is to enjoy. Beef meatballs roast with chickpeas and zucchini until they're juicy, crisp, and tender. Fluffy couscous steams in minutes while we marinate fresh tomatoes in a garlic vinaigrette. Crumbled feta cheese and fresh parsley tie all the components together for this healthful crowd-pleaser.

What we send

- 2 plum tomatoes
- garlic
- 1 zucchini
- 15 oz can chickpeas
- 10 oz pkg grass-fed ground beef
- 1 oz panko ³
- ¼ oz harissa spice blend
- ½ oz honey
- 3 oz couscous ³
- ¼ oz fresh parsley
- 2 oz feta ²

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)
- sugar
- large egg ¹

Tools

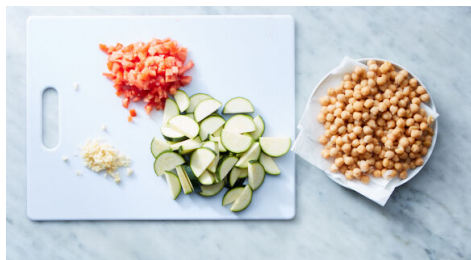
- rimmed baking sheet
- microwave

Allergens

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

Nutrition per serving

Calories 890kcal, Fat 41g, Carbs 91g, Protein 55g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third.

Finely chop **tomatoes**. Finely chop **2 teaspoons garlic**. Halve **zucchini** lengthwise, then cut into ½-inch thick half moons.

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. Drain **chickpeas** and pat dry.



4. Bake zucchini

Remove baking sheet from oven and switch to broil. Add **zucchini, honey**, and **remaining chopped garlic**; toss to coat and spread in a single layer. Season with **salt** and **pepper**.

Broil on upper oven rack, stirring occasionally, until **chickpeas** are crispy, **meatballs** are cooked through, and zucchini is tender, 7-12 minutes (watch closely as broilers vary). Season to taste.



2. Bake meatballs, chickpeas

On a rimmed baking sheet, toss **chickpeas** generously with **oil**. Sprinkle with **harissa spice, salt**, and **pepper**; toss to coat. Push to one side of baking sheet, then add **meatballs** to open half.

Bake on upper oven rack until chickpeas are lightly golden and meatballs are browned in spots and nearly cooked through, 10-15 minutes.



5. Cook couscous

Meanwhile, in a medium bowl, microwave **¾ cup water** until it comes to a boil, 1-2 minutes. Carefully stir in **couscous** and **¼ teaspoon salt**. Cover and let sit until water is absorbed, about 5 minutes. Fluff with a fork.



3. Marinate tomatoes

Meanwhile, in a medium bowl, whisk together **2 tablespoons olive oil, 2 teaspoons vinegar, ½ teaspoon sugar**, and **¼ teaspoon salt**. Stir in **tomatoes** and **half of the chopped garlic**. Set aside until ready to serve.



6. Finish & serve

Pick **parsley leaves** from stems; discard stems.

Serve **meatball pan roast** over **couscous** with **marinated tomatoes** over top. Garnish with **parsley, crumbled feta**, and **a few cracks of black pepper**. Enjoy!