

DINNERLY



LOW CALORIE

BALANCED
MEAL

Chicken Za'atar Meatballs with Couscous Tabbouleh & White 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 chicken 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
- garlic (use 1 large clove)
- 2 (1 oz) pkts sour cream ⁷
- 2 oz roasted red peppers
- 7 oz cucumber
- 10 oz pkg ground chicken
- za'atar spice blend (use 2 tsp) ¹¹

WHAT YOU NEED

- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) ¹⁷
- olive oil

TOOLS

- small saucepan
- rimmed baking sheet

ALLERGENS

Wheat (1), 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 640kcal, Fat 33g, Carbs 37g, Proteins 45g



1. Cook couscous

In a small saucepan, bring $\frac{1}{2}$ cup water and a pinch of salt to a boil. Stir in **couscous**, then cover and remove from heat. Let stand 5 minutes. Fluff with a fork, then transfer $\frac{1}{2}$ cup **couscous** to a plate to cool for step 4. Cover **remaining couscous** in saucepan to keep warm for step 3.



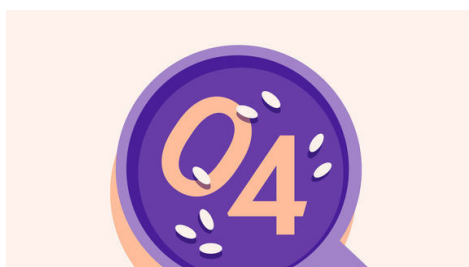
2. Season white sauce

Peel and finely chop **1 teaspoon garlic**. In a small bowl, combine **all of the sour cream**, $\frac{1}{2}$ **teaspoon of the chopped garlic**, and **2 tablespoons of water**, whisking until smooth; season to taste with **salt** and **pepper**.



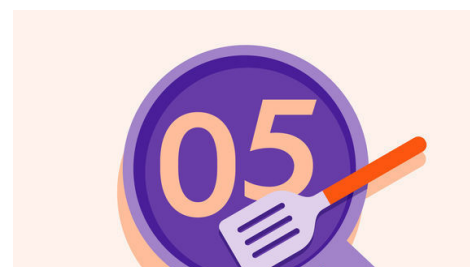
3. Make couscous tabbouleh

Pat **roasted red peppers** dry, then finely chop. Trim and discard ends from **cucumbers** (peel if desired), then cut into $\frac{1}{2}$ -inch pieces. In a medium bowl, whisk to combine **1 tablespoon vinegar** and **2 tablespoons oil**; season with **salt** and **pepper**. Transfer **warm couscous** to same bowl. Add peppers and cucumbers, stirring to combine; season with **salt** and **pepper**.



4. Season meatballs

Preheat broiler with top rack 6 inches from heat source. Lightly **oil** a rimmed baking sheet. In a medium bowl, stir or knead to combine **chicken**, **cooled couscous**, **remaining chopped garlic**, **2 teaspoons of the za'atar spice**, $\frac{1}{2}$ **teaspoon salt**, and **a few grinds of pepper**. Shape chicken 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, 6–8 minutes, flipping after 5 minutes (watch closely). Serve **chicken za'atar meatballs** over **couscous tabbouleh**. Drizzle with **white sauce** and sprinkle **any remaining za'atar spice** over top, if desired. Enjoy!



6. Take it a step further!

Tabbouleh is a super fresh herb and bulgur salad that's like an edible garden with every bite. Make it a more traditional Middle Eastern dish by stirring in chopped parsley and mint, garlic, chopped tomato, lemon juice and zest, and chopped scallions in step 3. Make the tabbouleh the night before or let sit in the fridge for a couple hours before serving to soak up all the flavor and juices.