

DINNERLY



Mediterranean Meatball Pita with Tahini Sauce



20-30min



2 Servings

We're thinking beyond Italy with these meatballs—channeling the broader Mediterranean, we combine ground beef with warming ras el hanout spice blend, then broil them for quick and easy cooking. The meatballs are sandwiched between fluffy, warm pita with garlicky marinated cukes and a drizzle of creamy tahini sauce. We've got you covered!

WHAT WE SEND

- 1 cucumber
- ¼ oz ras el hanout
- 1 oz panko ⁴
- 1 oz tahini ²
- 2 Mediterranean pitas ^{2,3,4}
- 10 oz pkg grass-fed ground beef

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 1 large egg ¹
- apple cider vinegar (or red wine vinegar)
- garlic

TOOLS

- microplane or grater
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 720kcal, Fat 34g, Carbs 53g,
Protein 43g



1. Prep ingredients

Preheat broiler with a rack in the center.
Finely chop **2 teaspoons garlic**. Thinly slice **cucumber** on an angle (peel, if desired).



2. Marinate cucumbers

In a medium bowl, toss **cucumbers** with **1 teaspoon oil**, **½ teaspoon of the chopped garlic**, and **¼ teaspoon salt**. Set aside to marinate at room temperature until ready to serve.



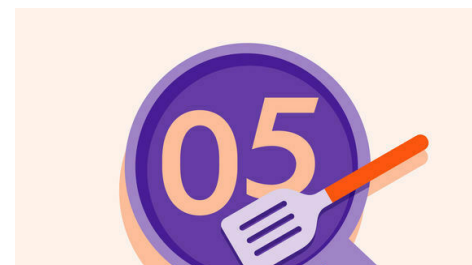
3. Make & broil meatballs

In a medium bowl, combine **ground beef**, **panko**, **remaining chopped garlic**, **1 large egg**, **1¼ teaspoons ras el hanout**, and **½ teaspoon salt**; knead to combine. Shape into 12 meatballs; place on a lightly **oiled** rimmed baking sheet. Broil on center oven rack until meatballs are browned and cooked through, about 7 minutes (watch closely as broilers vary).



4. Make tahini sauce

While **meatballs** broil, combine **tahini** and **2 teaspoons vinegar** in a small bowl (mixture will be very thick). Add **a total of 1½ tablespoons water**, a little bit at a time, stirring until sauce is creamy. Season to taste with **salt** and **pepper**.



5. Finish & serve

Place **pitas** directly on center oven rack. Broil on center oven rack until warm and fluffy, 1-2 minutes (watch closely). Serve pitas topped with **meatballs**, **cucumbers**, **tahini sauce** and **a few grinds of pepper**. Enjoy!



6. Kids pitch in!

All hands on deck for rolling the meatballs in Step 3, or mixing the tahini sauce in Step 4!