

DINNERLY



Mediterranean Meatball Stew with Carrots & Couscous



20-30min



2 Servings

Do you feel that? It's the gentle breeze of stew season in the air. This quick North African recipe is packed with the right flavors and ingredients to get you through colder weather, including harissa spice, tomato sauce, and meatballs. All three are stewed together, then piled high on top of a bed of couscous and garnished with chopped scallions. We've got you covered!

WHAT WE SEND

- 3 oz carrots
- 2 scallions
- ¼ oz harissa spice blend
- 10 oz pkg grass-fed ground beef
- 2 (3 oz) couscous ²
- 8 oz tomato sauce

WHAT YOU NEED

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

TOOLS

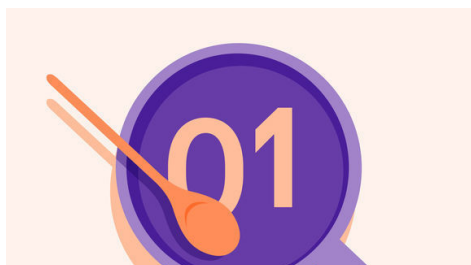
- medium ovenproof skillet
- small saucepan

ALLERGENS

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

NUTRITION PER SERVING

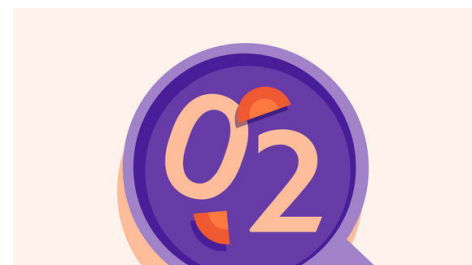
Calories 850kcal, Fat 30g, Carbs 88g, Protein 44g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center.

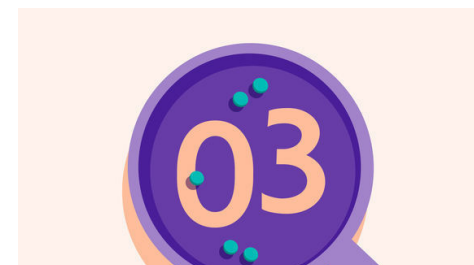
Trim ends from **carrot**, then cut in half lengthwise. Thinly slice into half-moons. Finely chop **2 teaspoons garlic**. Trim ends from **scallions** and thinly slice.



2. Roast carrots

In a medium ovenproof skillet, toss **carrots** with **half of the scallions**, **2 teaspoons harissa spice**, **1½ teaspoons chopped garlic**, **1½ tablespoons oil**, and **a pinch each of salt and pepper**.

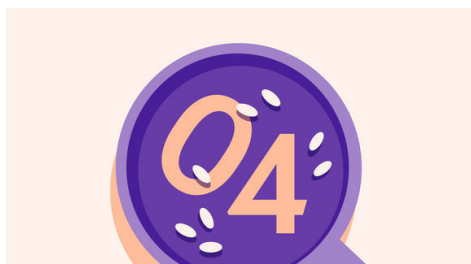
Roast on center oven rack until carrots are tender, about 8 minutes.



3. Prep meatballs & sauce

Meanwhile, in a large bowl, combine **beef**, **remaining chopped garlic**, **2 tablespoons raw couscous**, **1 large egg yolk**, **½ teaspoon salt**, and **a few grinds of pepper**. Form into **12 meatballs**.

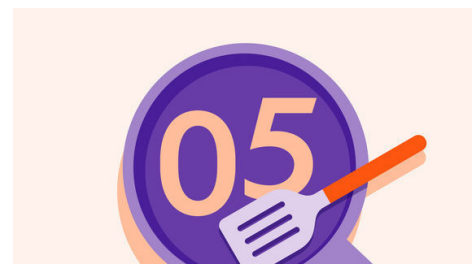
In a liquid measuring cup, stir to combine **tomato sauce**, **½ cup water**, **½ teaspoon sugar**, and **a pinch each of salt and pepper**.



4. Cook meatballs

Add **meatballs** to skillet with **carrots**. Pour **tomato sauce** over top, shaking skillet to evenly distribute.

Roast on center oven rack until meatballs are browned and cooked through and sauce is slightly reduced, about 15 minutes.



5. Cook couscous & serve

Meanwhile, in a small saucepan, bring **1 cup water** and **a pinch of salt** to a boil. Stir in **remaining couscous**, then cover and remove from heat. Set aside until liquid is fully absorbed, about 5 minutes. Fluff with a fork.

Serve **meatball stew** over **couscous** with **remaining scallions** over top. Enjoy!



6. Take it to the next level

Amp up this stew with toppings like golden raisins (plumped in warm water, if necessary), spices (we like turmeric and cinnamon), and fresh chopped cilantro.