



Portuguese-Style Braised Meatballs

with Shepherd Salad, Yogurt & Pita



20-30min



2 Servings

Piri Piri is a traditionally Portuguese spice blend or sauce loved for its delightfully fiery mix of red chilies and spices with citrusy notes. Here we use this warming spice blend to amp up juicy, grass-fed beef meatballs. To make this a weeknight winner, we broil the meatballs for fast and easy cooking—no stovetop splatters. Toasted pita and a cooling chopped salad are the perfect sides to temper the heat.

What we send

- 1 cucumber
- 1 bell pepper
- garlic
- ¼ oz fresh cilantro
- 2 Mediterranean pitas ^{1,6,11}
- 10 oz pkg grass-fed ground beef
- piri piri spice blend (use 1 tsp)
- 4 oz roasted red pepper pesto ⁷
- 1 container Greek yogurt ⁷

What you need

- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper
- olive oil
- 1 large egg ³

Tools

- medium ovenproof skillet

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 62g, Carbs 51g, Proteins 46g



1. Make salad

Trim **cucumber** (peel if desired), then cut into ½-inch pieces. Halve **pepper**, remove stem and seeds, then cut into ½-inch pieces. In a medium bowl, combine **2 teaspoons each of vinegar and oil**. Add **peppers, cucumbers, and a pinch each of salt and pepper**; toss to combine. Let stand, stirring occasionally, until step 6.



4. Broil meatballs

Broil **meatballs** on top oven rack until browned and cooked to 160°F, 4-8 minutes (watch closely as broilers vary). Meanwhile, in a medium bowl, combine **red pepper pesto, ⅔ of the cilantro, and ½ teaspoon piri piri spice blend**. Once **meatballs** are browned, spoon **sauce** over top. Broil on top oven rack until sauce is warm, 1-2 minutes more.



2. Prep ingredients

Preheat broiler with top rack 6 inches from heat source. Finely chop **1 teaspoon garlic**. Finely chop **cilantro leaves and stems**. Cut each **pita** in half, then cut a 1-inch thick strip from two of the halves. Finely chop the pita strips. Reserve pita halves for step 5.



5. Toast pitas

Brush **reserved pitas** all over with **oil**. Broil directly on top oven rack until lightly browned, 1-2 minutes (watch closely as broilers vary). Transfer pitas to a cutting board, then slice into wedges.



3. Season & shape meatballs

In a medium bowl, combine **chopped pitas** and **1 large egg**, mashing with a fork to combine. Add **beef, ¾ teaspoon salt, ½ teaspoon piri piri spice blend, ¼ teaspoon of the chopped garlic, and a few grinds of pepper**; knead to combine. Shape **beef mixture** into **10 meatballs** (about 2 tablespoons each). Transfer to a medium ovenproof skillet.



6. Finish & serve

In a small bowl, stir to combine **yogurt, remaining chopped garlic, 1 tablespoon water, and a pinch each of salt and pepper**. Stir **remaining cilantro leaves** into bowl with **salad**. Season to taste with **salt and pepper**. Drizzle **meatballs and sauce** with **olive oil**. Serve **meatballs** over **yogurt** with **salad** and **pita wedges** on the side. Enjoy!