

# DINNERLY



## Turkey 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 lean turkey 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 <sup>1</sup>
- garlic
- 1 container Greek yogurt <sup>2</sup>
- 4 oz roasted red peppers
- 1 cucumber
- 10 oz ground turkey
- 1 pkt za'atar spice blend (use 2 tsp) <sup>3</sup>

### WHAT YOU NEED

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

### TOOLS

- small saucepan
- rimmed baking sheet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 570kcal, Fat 26g, Carbs 40g, Protein 42g



#### 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. Make white sauce

Finely chop **1 teaspoon garlic**. In a small bowl, combine **yogurt**, **2 tablespoons water**, and  $\frac{1}{2}$  teaspoon of the chopped garlic, **whisking until smooth**. Season to taste with  $\frac{1}{2}$  salt and **pepper**.



#### 3. Make couscous tabbouleh

Finely chop **roasted red peppers**. Trim **cucumber** (peel, if desired), then cut into  $\frac{1}{2}$ -inch pieces. Add **2 tablespoons oil** and **1 tablespoon vinegar** to saucepan with **warm couscous**, stirring to combine; season with **salt** and **pepper**. Add peppers and cucumbers, stirring to combine; season to taste.



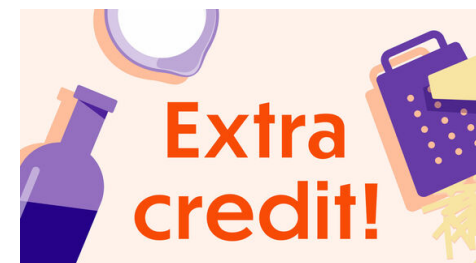
#### 4. Shape meatballs

Preheat broiler with top rack 6 inches from heat source. Lightly **oil** a rimmed baking sheet. In a medium bowl, knead to combine **turkey**, **cooled couscous**, **remaining chopped garlic**, **2 teaspoons za'atar spice**,  $\frac{1}{2}$  teaspoon salt, and a few **grinds of pepper**. Shape turkey 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 as broilers vary). Serve **turkey za'atar meatballs** over **couscous tabbouleh**. Drizzle with **white sauce** and sprinkle **some of the remaining za'atar spice** over top. 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 more traditional by stirring in chopped parsley and mint, garlic, chopped tomatoes, 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.