

Harissa Turkey Meatballs

with Quinoa Cauliflower Pilaf



30-40min



2 Servings

What we send

- 1 medium yellow onion
- garlic
- ¼ oz fresh parsley
- 10 oz pkg ground turkey
- 12 oz cauliflower rice
- ¼ oz harissa spice blend
- 4 oz roasted red pepper pesto ⁷
- 1 pkg quinoa/kale blend
- 2½ oz peas

What you need

- large egg ³
- kosher salt & ground pepper
- olive oil

Tools

- medium (10") nonstick skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 43g, Carbs 59g, Proteins 49g

1. Prep ingredients

Halve and finely chop **onion**. Finely chop **2 garlic cloves**. Finely chop **parsley** leaves and tender stems.

4. Make sauce & simmer

Add **1 teaspoon oil** and **remaining chopped onion** to same skillet; cook, stirring, until softened, about 5 minutes. Add **2 teaspoons harissa**; cook, stirring until fragrant, about 1 minute. Stir in **pesto** and **¾ cup water**; bring to a simmer. Return **meatballs** to skillet, turning to coat in sauce; simmer over medium-low heat for 15 minutes, or until turkey is cooked through.

2. Make & form meatballs

In a medium bowl, combine **turkey, ½ cup cauliflower rice, ¼ cup each of chopped onion and parsley, all of the chopped garlic, ½ teaspoon harissa spice, 1 large egg, ¾ teaspoon salt**, and **several grinds of pepper**. Use your hands to gently combine. Form into **10 equal-sized meatballs** (about 1 tablespoon each).

5. Make pilaf

Transfer **remaining cauliflower rice** and **quinoa/kale blend** to a large microwave-safe bowl. Microwave on high for 5 minutes, or until almost heated through. Add **peas**; microwave until heated through and steaming, about 2 minutes more. (Alternatively, heat pilaf components in a large skillet over medium-high heat until warmed through.)

3. Sear meatballs

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **meatballs** and sear, turning occasionally, until well browned on all sides, about 5 minutes total (meatballs will not be cooked through). Transfer to a plate; reduce heat to medium.

6. Finish & serve

Fluff **quinoa-cauliflower pilaf** with a fork and season to taste with **salt** and **pepper**. Serve pilaf in bowls with **harissa meatballs** spooned over top. Sprinkle with **remaining parsley**. Enjoy!