



ITALIAN WEDDING COUSCOUS

with Meatballs and Spinach

FAMILY



HELLO

ISRAELI COUSCOUS

Israeli couscous is a toasted pasta shaped like a small pearls

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 576



Ground Beef



Parsley



Parmesan Cheese



Baby Spinach



Garlic



Italian Seasoning



Panko Breadcrumbs



Sour Cream



Shallot



Israeli Couscous



Mozzarella Cheese, shredded



Chicken Broth Concentrate

BUST OUT

- Aluminum Foil
- Box Grater
- Measuring Cups
- Large Bowl
- Baking Sheet
- Large Non-Stick Pan
- Large Pot
- Garlic Press
- Small Bowl
- Strainer
- Measuring Spoons
- Butter **2 (2 tbsp)**
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Ground Beef 500 g
- Parsley 20 g
- Parmesan Cheese **2** ½ cup
- Baby Spinach 227 g
- Garlic 20 g
- Italian Seasoning **9** 2 tbsp
- Panko Breadcrumbs **1** ¼ cup
- Sour Cream **2** 6 tbsp
- Shallot 50 g
- Israeli Couscous **1** 1 ½ cup
- Mozzarella Cheese, shredded **2** ½ cup
- Chicken Broth Concentrate 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat the oven to **450°F** (to bake the meatballs). Start prepping when the oven comes up to temperature!



1 PREP

Wash and dry all produce.* In a large pot, add **10 ½ cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, mince or grate the **garlic**. Roughly chop the **parsley**. Peel, then grate the **shallot**.



4 ASSEMBLE COUSCOUS

When the **couscous** is tender, reserve **1 cup water**. Drain, then return to the same pot and add **2 tbsp oil**. Heat the pot over medium, then add the **spinach, mozzarella, remaining Parmesan, reserved water, sour cream** and **broth concentrates**. Stir together until **spinach** wilts, 1-2 min.



2 MAKE MEATBALLS

In a large bowl, combine **beef, shallot, garlic, half the parsley, half the Italian seasoning** and **half the Parmesan**. Roll mixture into 1 ½-inch **meatballs** (you should have 16). On a foil-lined baking sheet, arrange **meatballs**. Bake in the middle of the oven until golden and cooked through, 8-10 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.**)



5 ADD MEATBALLS

When the **meatballs** are done, carefully add them to the **couscous mixture**. Pour over any **remaining juices** from the baking sheet. Gently stir to combine.



3 TOAST BREADCRUMBS

Meanwhile, add the **couscous** to the **boiling water**. Cook, uncovered, stirring occasionally, until tender, 6-8 min. Meanwhile, heat a large non-stick pan over medium heat. Add **2 tbsp butter** and swirl until melted, 1-2 min. Add the **panko** and **remaining Italian seasoning**. Toast, stirring often, until the **mixture** is golden-brown, 2-4 min. Transfer to a small bowl. Set aside.



6 FINISH AND SERVE

Divide the **Italian wedding couscous** between plates. Sprinkle over the **panko** and **remaining parsley**.

ROLL WITH IT!

Making meatballs has never been so easy!