



Mediterranean Lamb Meatballs

on Couscous with Spinach and Feta

30 Minutes



Ground Lamb



Couscous



Shallot



Turkish Spice Blend



Crushed Tomatoes



Panko Breadcrumbs



Vegetable Broth Concentrate



Feta Cheese, crumbled



Baby Spinach

HELLO COUSCOUS

Steamed durum wheat semolina that is traditionally served with stew

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Couscous	½ cup	1 cup
Shallot	50 g	100 g
Turkish Spice Blend	2 tbsp	4 tbsp
Crushed Tomatoes	370 ml	740 ml
Panko Breadcrumbs	¼ cup	½ cup
Vegetable Broth Concentrate	1	2
Feta Cheese, crumbled	¼ cup	½ cup
Baby Spinach	56 g	113 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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1 Prep

Peel, then finely chop **shallot**.



2 Make meatballs

Line a baking sheet with parchment paper. Crumble **lamb** into a large bowl, then add **breadcrumbs**, **half the Turkish Spice Blend** and **¼ tsp salt** (dbl for 4 ppl). Season with **pepper**. Roll **lamb mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Transfer **meatballs** to prepared baking sheet. Bake in the **middle** of the oven, until cooked through, 10-12 min.**



3 Make sauce

While **meatballs** cook, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shallots**. Season with **salt**. Cook, stirring often, until tender, 2-3 min. Add **remaining Turkish Spice** and cook, stirring often, until fragrant, 1 min. Add **crushed tomatoes**, then reduce heat to medium and simmer, stirring occasionally, until **sauce** is thickened slightly, 6-8 min.



4 Cook couscous

Add **⅔ cup water**, **1 tbsp butter** (dbl both for 4 ppl) and **broth concentrate(s)** to a medium pot. Cover and bring to a boil over high heat. Remove pot from heat, stir in **couscous**, then cover and let stand, until tender and **liquid** is absorbed, 5-6 min.



5 Finish sauce

When **meatballs** are cooked, add **spinach** and **meatballs** to the pan with sauce. Cook, stirring occasionally, until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**.



6 Finish & serve

Fluff **couscous** with a fork, then season with **salt**. Divide **couscous** between plates. Top with **meatballs** and **sauce**. Sprinkle **feta** over top.

Dinner Solved!