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## Meatball & Orzo Stew

with Baby Spinach



30-40min



2 Servings

If spaghetti and meatballs had an exotic Mediterranean cousin, this dish would be it. We use a berbere spice blend in both the tomato sauce and the grass-fed beef meatball mixture for intense flavoring all throughout. Orzo pasta is the perfect tiny shape for enjoying this meal by the spoonful! Cook, relax, and enjoy!

## What we send

- garlic
- baby spinach
- fresh parsley
- grass-fed ground beef
- red onion
- golden raisins
- berbere spice blend
- tomato sauce

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large skillet
- medium saucepan

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

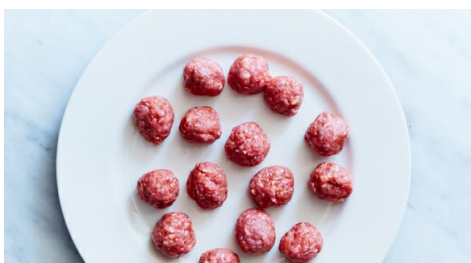
## Nutrition per serving

Calories 841.0kcal, Fat 35.5g, Proteins 35.4g, Carbs 94.6g



### 1. Prep ingredients

Peel and finely chop **2 large garlic cloves**. Halve **onion**, then peel, and finely chop. Pick **parsley leaves** from **stems**; chop leaves and stems separately. Finely chop **golden raisins**.



### 4. Make meatballs

Meanwhile, combine **beef** with **reserved onion mixture, chopped raisins, ¾ teaspoon berbere spice blend** (save rest for own use), and **½ teaspoon salt**. Using lightly moistened hands, shape **beef mixture** into **8 small meatballs**, about 1 tablespoon each.



### 2. Cook onions & garlic

Heat **2 tablespoons oil** in a medium saucepan over medium-high. Add **onions**, cook, stirring occasionally, until golden brown and softened, 4-5 minutes. Season with **¼ teaspoon salt**. Add **garlic, parsley stems**, and **½ teaspoon berbere spice blend**; cook, stirring, until fragrant, about 2 minutes. Remove **⅓ cup** from the saucepan, save for step 4.



### 5. Cook meatballs

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until browned and just cooked through, 5-7 minutes. Using a slotted spoon, transfer meatballs to a paper towel-lined plate to drain.



### 3. Make sauce

Add **tomato sauce** to the saucepan, and season with **½ teaspoon salt**. Reduce heat to medium and simmer until thickened, about 4 minutes. Add **orzo** and **3 cups water** and simmer, stirring to prevent sticking, until orzo is just tender, 12-15 minutes. Season to taste with **salt**.



### 6. Finish & serve

Add **meatballs** and **baby spinach** to **simmering sauce**. Return to a simmer, stirring gently, until heated through and spinach is wilted, 2-3 minutes. Serve in bowls and garnish with **chopped parsley leaves**. Enjoy!