



DINNERLY



FAST

Middle Eastern Meatballs with Tabbouleh & Sour Cream

 20-30min  4 Servings

Meatballs are like snowflakes—no two are the same, each one special in its own right. They don't all come smothered in red sauce!! These meatballs are inspired by kibbeh, a Middle Eastern version consisting of spiced ground beef mixed with bulgur wheat. The tabbouleh is a grain salad with fresh tomatoes and onions that's a light, fresh, flavorful side. We've got you covered!

WHAT WE SEND

- ground beef
- ras el hanout
- garlic
- plum tomatoes
- red onion

WHAT YOU NEED

- 1 large egg ³
- kosher salt & ground pepper
- olive oil
- red wine vinegar

TOOLS

- medium saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 690kcal, Fat 38g, Carbs 57g, Proteins 31g



1. Cook bulgur

Peel and finely chop **1 tablespoon garlic**. Heat **2 tablespoons oil** and **half of the garlic** in a medium saucepan over medium until sizzling, about 1 minute. Add **bulgur**. Cook until toasted, 2–4 minutes. Add **1½ cups water** and **1 teaspoon salt**; bring to a boil. Cover; simmer over low until tender and water is absorbed, about 12 minutes. Cover to keep warm off heat.



2. Marinate vegetables

Meanwhile, halve and peel **onion**, then thinly slice $\frac{1}{3}$ cup and finely chop 1 cup. Cut **tomatoes** into $\frac{1}{2}$ -inch pieces. In a medium bowl, whisk together **2 tablespoons vinegar**, $\frac{1}{4}$ cup oil, and a **generous pinch each salt and pepper**. Stir in tomatoes and sliced onions. Set aside to marinate.



3. Make meatballs

Preheat broiler with an oven rack in the center position. In a medium bowl, combine **beef**, **1 large egg**, **chopped onion**, **remaining garlic**, **1 tablespoon ras el hanout**, $\frac{1}{2}$ cup of the **cooked bulgur** (save rest for step 5), **1½ teaspoons salt**, and a **few grinds pepper**. Stir gently to combine.



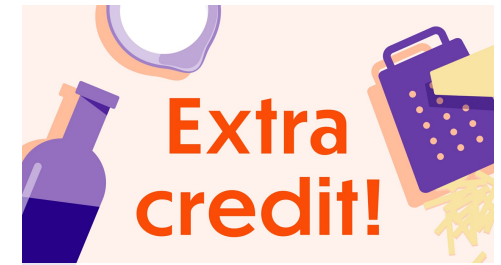
4. Cook meatballs

Shape **beef mixture** into 16 (2-inch) football-shaped meatballs and place on a rimmed baking sheet. Broil on center oven rack until meatballs are golden brown, crisp, and cooked through, 8–12 minutes.



5. Finish tabbouleh & serve

Add **remaining cooked bulgur** to bowl with **tomatoes** and **onions**. Stir together and season to taste with **salt** and **pepper**. In a small bowl, slightly thin **sour cream** by mixing in **1 teaspoon water** at a time, as needed. Season to taste with **salt** and **pepper**. Serve **tabbouleh** with **meatballs** on top or alongside. Spoon **sour cream** over top. Enjoy!



6. Take it to the next level

Turn this into a mezze-inspired meal with pita and hummus. Either pile the meatballs, hummus, and tabbouleh into the pita, along with sour cream OR serve wedges of pita alongside for dipping into hummus and tabbouleh. Hot sauce would spice it all up!