



MAY  
2016

## Turkish Lamb Meatballs

with Herby Couscous

Our Turkish spice blend is full of warm flavors like allspice and cumin for a Middle Eastern twist on traditional meatballs. Earthy, sweet parsnips give this sauce another unique spin. Served on a bed of fluffy couscous, this is a hearty, satisfying dish you'll love to curl up with.



Ground Lamb



Parsnip



Carrot



Red Onion



Turkish Spice Blend



Cilantro



Diced Tomatoes



Chicken Stock Concentrate



Honey



Couscous

## Ingredients

	2 People	4 People
Ground Lamb	8 oz	16 oz
Parsnip	1	2
Carrot	1	2
Red Onion	1	2
Turkish Spice Blend	1 T	2 T
Cilantro	¼ oz	½ oz
Diced Tomatoes	1 Box	2 Boxes
Chicken Stock Concentrate	1	2
Honey	1 t	2 t
Couscous	1) ¾ Cup	1 ½ Cups
Butter*	2) 1 T	2 T
Olive Oil*	2 t	4 t

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Peeler, Small pot, 2 Large Pans, Medium bowl

**Nutrition per person** Calories: 748 cal | Fat: 25 g | Sat. Fat: 10 g | Protein: 39 g | Carbs: 102 g | Sugar: 27 g | Sodium: 722 mg | Fiber: 18 g

Ruler

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1



**1 Prep the veggies: Wash and dry all produce.** Peel and finely dice the **carrot** and **parsnip**. Halve, peel, and finely chop the **onion**. Finely chop the **cilantro leaves** and **stems**, reserving a few leaves for garnish. Take the **butter** out and let come up to room temperature.

3



**2 Start the sauce:** Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **parsnip, carrot,** and **onion** to the pan and cook, tossing for 10-12 minutes, until very soft. Season with **salt** and **pepper**.

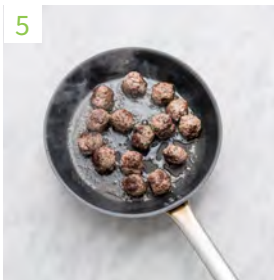
**3 Make the meatballs:** While the **vegetables** cook, in a medium bowl, combine the **ground lamb, 1 teaspoon Turkish spice blend** (we are sending more), **half the cilantro leaves,** and a large pinch of **salt** and **pepper**. Form the mixture into teaspoon-sized meatballs and set aside.

4



**4 Simmer the sauce:** Once the **vegetables** are soft, add the remaining **Turkish spice blend** to the pan and cook for 30 seconds, until fragrant. Add the **tomatoes, stock concentrate, honey,** and **½ cup water** to the pan and stir to combine. Bring to a boil, then reduce to a simmer. In a small pot, bring **1 ½ cups water** and a large pinch of **salt** to a boil.

5



**5 Cook the meatballs:** Heat a drizzle of **oil** in another large pan over medium-high heat. Add the **meatballs** and cook for 3-4 minutes, rotating to brown on all sides, until browned. Add the meatballs to the **sauce** to finish cooking.

**6 Make the couscous and serve:** Once boiling, add the **couscous** to the pot of water, cover, and remove from the heat for 5 minutes. Then, fluff the couscous with a fork, stirring in the **cilantro stems** and **butter**. Serve with the **sauce** and the **Turkish lamb meatballs**. Finish with the remaining **cilantro leaves**. Enjoy!

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