



# One-Pan Dill Sausage Meatballs

WITH GREEK-STYLE COUSCOUS

4-Serving Family Meal



**Prep & Cook Time**

30-40 MIN

**Cook Within**

5 DAYS

**You Will Need**

Olive Oil, Salt, Pepper  
Box Grater, 2 Mixing Bowls,  
Large Non-Stick Pan

**Ingredients**

- 16 oz. Italian Pork Sausage
- 1 oz. Feta Cheese Crumbles
- 12 oz. Fully Cooked Couscous
- 2 Tbsp. Roasted Red Pepper Pesto
- 2 Dill Sprigs
- 1 Lemon
- 1 Persian Cucumber
- 1 Zucchini
- 2 Tbsp. Panko Breadcrumbs
- 2 oz. Sour Cream

**Difficulty Level**

INTERMEDIATE

**Spice Level**

NOT SPICY

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/22365](http://www.homechef.com/22365)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

## Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **dill**



### 1. Prepare the Ingredients

- Trim **zucchini** ends, halve lengthwise, and cut into ½” slices.
- Zest and halve **lemon**. Cut one half into wedges and juice remaining half.
- Trim **cucumber**. Using a box grater, grate cucumber into a mixing bowl.
- Stem and mince **dill**.
- Remove **Italian sausage** from casing, if necessary.



### 2. Form the Meatballs

- In another mixing bowl, combine **panko** and 2 Tbsp. **water**. Rest, 1 minute.
- Add **Italian sausage**, half the **dill** (reserve remaining for sauce), and a pinch of **salt**. Mix thoroughly until combined.
- Form mixture into 16 evenly-sized meatballs.



### 3. Cook the Meatballs

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **meatballs** to hot pan. Cover and roll occasionally until browned all over and meatballs reach a minimum internal temperature of 160 degrees, 8-10 minutes.
- Transfer meatballs to a plate or bowl. Drain pan, reserving 1 Tbsp. oil. Keep pan over medium heat.



### 4. Add the Couscous

- Add **zucchini** to hot pan. Stir occasionally until beginning to soften, 3-4 minutes.
- Add **couscous**, 1 tsp. **lemon zest**, 1 Tbsp. **lemon juice**, ¼ tsp. **salt**, a pinch of **pepper**, and **pesto**. Stir until combined.
- Add **meatballs**. Cover and stir occasionally until zucchini is tender, 3-4 minutes.
- Remove from burner.



### 5. Make Sauce and Finish Dish

- Add **sour cream**, remaining **dill**, and a pinch of **salt** and **pepper** to bowl with grated **cucumber**. Stir to combine.
- Plate dish as pictured on front of card, topping **meatballs** with sauce and garnishing **couscous** with **cheese**. Bon appétit!