

# One-Pan Kefta-Style Beef Meatballs

WITH VEGETABLE COUSCOUS AND CREMA

Meal Kit



### Prep & Cook Time

35-45 MIN

### Cook Within

5 DAYS

### You Will Need

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

### Difficulty Level

INTERMEDIATE

### Spice Level

MEDIUM

### Ingredients

- 16 oz. Ground Beef
- 2 Zucchini
- 1 tsp. Buttermilk-Dill Seasoning
- ½ cup Panko Breadcrumbs
- 2 oz. Sour Cream
- 2 tsp. Portuguese Piri Piri Blend
- 1 tsp. Minced Garlic and Parsley
- 16 oz. Fully Cooked Couscous
- 2 Dill Sprigs
- 4 oz. Grape Tomatoes

### Leave A Review

Your opinion matters!



### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/38632](http://www.homechef.com/38632)

\*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, sesame, wheat, egg, soy, milk, fish, 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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry



### 1. Prepare the Ingredients

- Halve **tomatoes**.
- Trim **zucchini** ends, halve lengthwise, and cut into 1/2" half-moons. *Zucchini quantity may vary, but total weight will remain the same. Don't worry; recipe instructions are not impacted.*
- Stem and mince **dill**.



### 2. Form the Meatballs

- In a mixing bowl, combine **panko** and 2 Tbsp. **water**. Let sit, 1 minute.
- After 1 minute, add **ground beef**, **dill**, **piri piri seasoning** (use less if spice-averse), and 1/2 tsp. **salt**. Form mixture into 16 evenly-sized meatballs.



### 3. Cook the Meatballs

- Place a large non-stick pan over medium heat and add 2 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, 12-15 minutes.
- Remove from burner. Transfer meatballs to a plate and tent with foil. Wipe pan clean and return to medium heat.



### 4. Make the Couscous

- Add 1 tsp. **olive oil** to hot pan used to cook meatballs.
- Add **zucchini**. Stir occasionally until lightly browned and tender, 4-5 minutes.
- Add **tomatoes**, **couscous**, **buttermilk-dill seasoning**, and 1/2 tsp. **salt**. Stir occasionally until tomatoes soften and couscous is heated through, 3-4 minutes.
- Remove from burner.



### 5. Make Crema and Finish Dish

- In another mixing bowl, combine **sour cream**, **minced garlic and parsley**, and 2 tsp. **water**. Set aside.
- *If too thick, add additional water, 1 tsp. at a time, until desired consistency is reached.*
- Plate dish as pictured on front of card, topping **couscous** with **meatballs**, then crema. Bon appétit!