



TUNISIAN-SPICED MEATBALLS

with Apricot Glaze, Roasted Carrots & Scallion Couscous

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



2 | 2
Scallions



1 | 1
Lemon



2 | 4
Apricot Jam



2 | 4
Chicken Stock Concentrates



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



10 oz | 20 oz
Ground Beef**



1/4 Cup | 1/2 Cup
Panko Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Tunisian Spice Blend



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



8 oz | 16 oz
Broccoli
Calories: 870



6 oz | 12 oz
Asparagus
Calories: 840



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 890



HELLO FRESH

HELLO

TUNISIAN SPICE BLEND

This warm, aromatic blend adds savory flavor to meatballs.

GLAZED OVER

When mixing the glaze, stir until the jam is mostly clump-free. When you add it to the pan in step 5, it should easily dissolve.

BUST OUT

- Peeler
- Zester
- Small bowl
- Baking sheet
- Small pot
- Large bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP & MIX GLAZE

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Zest and quarter **lemon**.
- In a small bowl, combine **jam**, **half the stock concentrates** (you'll use the rest later), and **¼ cup water** (½ cup for 4 servings).

- Swap in **broccoli** if necessary or trim and discard woody bottom ends from **asparagus**. (Save carrots for another use.)



4 MIX & FORM MEATBALLS

- While couscous cooks, in a large bowl, combine **beef***, **scallion whites**, **panko**, **Tunisian Spice Blend**, and **¾ tsp salt** (1½ tsp for 4 servings). Season with **pepper**.
- Form into 10-12 1½-inch meatballs (20-24 for 4).



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack, flipping halfway through, until browned and tender, 20-25 minutes.
- Swap in **broccoli** or **asparagus** for carrots; roast 12-15 minutes for broccoli or 10-12 minutes for asparagus.



5 COOK & GLAZE MEATBALLS

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **meatballs** and cook, turning occasionally, until browned all over, 4-6 minutes. **TIP: If there's excess grease in your pan, carefully pour it out.**
- Pour in **jam mixture** and bring to a simmer, then reduce heat to medium. Cover and cook until meatballs are cooked through and glazed, 5 minutes more.
- Stir in a **squeeze of lemon juice** to taste. **TIP: If glaze is too thick, add a splash of water.**



3 COOK COUSCOUS

- Meanwhile, melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **couscous** and cook, stirring, until lightly toasted, 2-3 minutes.
- Stir in **¾ cup water** (1½ cups for 4) and **remaining stock concentrates**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



6 FINISH & SERVE

- Fluff **couscous** with a fork; stir in **lemon zest**, **half the scallion greens**, and **1 TBSP butter** (2 TBSP for 4 servings). Season with **salt** and **pepper**.
- Divide couscous, **carrots**, and **meatballs** between plates. Top meatballs with **remaining glaze** from pan and remaining scallion greens. Serve with any **remaining lemon wedges** on the side.

*Ground Beef is fully cooked when internal temperature reaches 160°.