



# 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  
OR GIVE US A CALL AT (646) 846-3663.

\*\*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  
\$ Green Beans  
\$ Calories: 850



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





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.

### HOW WAS YOUR MEAL?



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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)**.

- 🔄 Cut **broccoli** into bite-size pieces or trim
- 🔄 **green beans** if necessary. **(Save carrots for another use.)**



### 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 **green beans** for carrots; roast 12-15 minutes.



### 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).



### 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°.