



More than Food

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Harissa Lamb Meatballs with Zucchini Ribbons, Bulgur, and Spiced Yogurt



Harissa uses both mild and spicy peppers to strike the perfect balance between hot, smoky, and sweet. We're mixing it into these fragrant meatballs along with mint, oregano, and the secret ingredient—cooked spinach! It's a great way to sneak more veggies into dinnertime, especially for picky eaters!

40 min

level 2

nut free



Lamb, ground



Spinach



Lemon



Harissa Powder



Plain Yogurt



Garlic



Oregano



Mint



Yellow Onion



Panko



Zucchini



Bulgur Wheat



Vegetable Stock Concentrate

Ingredients

	2 People	4 People
Lamb, ground	8 oz	16 oz
Spinach	5 oz	10 oz
Lemon	1	2
Harissa Powder	1 T	2 T
Plain Yogurt	2)	4 oz
Garlic	2 cloves	4 cloves
Oregano	1 sprig	2 sprigs
Mint	1 bunch	2 bunches
Yellow Onion	1	2
Panko	1)	½ C
Zucchini	1	2
Bulgur Wheat	1)	1 C
Vegetable Stock Concentrate	1	2
Olive Oil*	1½ T	3 T

*Not Included

Allergens

- 1) Wheat
- 2) Dairy

Tools

Peeler, Medium Bowl, Large Pan, Baking Sheet, Large Bowl, Small Bowl, Small Pot

Ruler

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Nutrition per person Calories: 717 cal | Carbs: 62 g | Fat: 40 g | Protein: 33 g | Fiber: 8 g



1

1 Preheat oven 400 degrees. Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Mince the **oregano** and **mint**. Halve the **lemon**. Using a vegetable peeler, shave the **zucchini** into ribbons lengthwise, rotating as necessary. Discard the seedy core.



4

2 Bring **1 cup water** and the **stock concentrate** to a boil in a small pot. Toss the **zucchini ribbons** in a large bowl with the **juice of half a lemon**. Season with **salt** and **pepper**. Once the water is boiling, add the **bulgur**, cover, and reduce to a simmer for 12 minutes, until tender. Keep covered until the rest of the meal is ready.

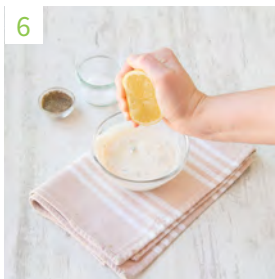


5

3 Meanwhile, heat **½ tablespoon olive oil** in a large pan over medium heat. Add **half the spinach** to the pan and cook, tossing, 2-3 minutes, until wilted. Season with **salt** and **pepper**.

4 **Make the lamb mixture:** let the **spinach** cool slightly then finely chop. In a medium bowl, combine the **ground lamb**, **cooked spinach**, **panko**, **onion**, **oregano**, **half the garlic**, **half the mint**, **1 teaspoon Harissa Powder**, and a large pinch of **salt** and **pepper**.

5 Form **lamb mixture** into 1-inch **meatballs** and place on a lightly oiled baking sheet. Place in the oven for 10-12 minutes, until cooked through.



6

6 **Make the spiced yogurt sauce:** in a small bowl, mix together the **yogurt**, **remaining mint**, **remaining garlic**, **a pinch of Harissa Powder** (to taste), and a squeeze of **lemon**. Season with **salt** and **pepper**.

7 Toss the **remaining spinach**, a squeeze of **lemon**, and **1 tablespoon olive oil** into the **zucchini ribbons**. Season with **salt** and **pepper**.

8 Serve the **meatballs** atop the **bulgur**, drizzled with **spiced yogurt sauce**. Plate the **spinach and zucchini salad** to the side. Enjoy!