

Spiced Meatballs

with Garlic Toasts & Summer Squash Salad

Spiced meatballs served in a warming tomato sauce are a North African specialty. And one of their defining features is a hint of lemon. The bright citrus cuts the richness of the meatballs, perfectly balancing the dish. Here, we're including dried lemon peel in a blend of spices used to flavor the meatballs. And we're adding lemon zest and juice to a refreshing summer squash, mint and olive salad—served right on top of the meatballs, to bring the dish's flavors together. And to complete the meal, we're making crunchy, garlic baguette toasts, perfect for dipping in the sauce.



Ingredients

10 Ounces Ground Beef

1 Small Baguette

2 Cloves Garlic

1 Lemon

1 Summer Squash

1 Large Bunch Mint

Knick Knacks

2 Tablespoons Breadcrumbs

2 Tablespoons Tomato Paste

1 Ounce Castelvetrano Olives

½ Cup Grated Parmesan Cheese

1 Tablespoon Meatball Spice Blend

(Dried Thyme, Garlic Powder, Mustard Powder, Dried Lemon Peel & Crushed Aleppo Pepper)

Makes 2 Servings

About 665 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Slice the baguette into 1-inch-thick pieces on an angle. Peel the garlic cloves. Mince 1 clove; using the flat side of your knife, smash until it resembles a paste (or use a zester). Leave the remaining clove whole. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Cut off and discard the stem end of the squash; thinly slice into 3-inch-long sticks. Pick the mint leaves off the stems; discard the stems. Using the flat side of your knife, smash the olives; remove and discard the pits, then roughly chop.

2



Form the meatballs:

In a large bowl, combine the **ground beef, breadcrumbs, garlic paste, spice blend, half the Parmesan cheese and half the mint** (roughly chopping just before adding). Drizzle with olive oil and season with salt and pepper. Mix until just combined. Using your hands, form the mixture into 14 equal-sized meatballs.

3



Cook the meatballs & make the sauce:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **meatballs** and cook, turning occasionally, 5 to 7 minutes, or until browned on all sides. Add the **tomato paste** and **¾ cup of water**. Cook, stirring occasionally and spooning the sauce over the meatballs, 3 to 5 minutes, or until the sauce has reduced in volume by about half and the meatballs are thoroughly coated and cooked through. Remove from heat.

4



Make squash salad:

While the meatballs cook, in a medium bowl, combine the **squash, lemon zest, olives, remaining mint** (roughly chopping just before adding) and **the juice of all 4 lemon wedges**. Drizzle with olive oil and toss to coat; season with salt and pepper to taste.

5



Make the garlic toasts:

While the meatballs continue to cook, place the **baguette slices** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and toast in the oven 4 to 6 minutes, or until golden brown. Remove from the oven. When cool enough to handle, carefully rub both cut sides of each toasted baguette slice with the **whole garlic clove**; discard the garlic clove.

6



Plate your dish:

Divide the **cooked meatballs and sauce** between 2 dishes. Top with the **squash salad** and **remaining Parmesan cheese**. Serve with the **garlic toasts** on the side. Enjoy!