

Egyptian Meatballs

with Spicy Tomato Sauce, Kale & Rice

Tonight's Egyptian inspired meatballs get a boost of flavor from a savory tomato sauce cooked with an enticing blend of spices including vibrant aleppo pepper, turmeric, and star anise—for a touch of delicate sweetness. Hearty garlic-sautéed kale served on top of the meatballs makes for nuanced texture in each bite, while a side of fluffy basmati rice (a Middle Eastern favorite) balances the rich, spicy sauce.

Blue Apron Wine Pairings

Arco von Kammersbründl Zweigelt, 2015
Rancho La Viña Vineyard Pinot Noir, 2014



Ingredients

- 10 Ounces Ground Beef
- 1 Cage-Free Farm Egg
- ½ Cup Basmati Rice
- 1 8-Ounce Can Tomato Sauce
- 2 Cloves Garlic
- 1 Bunch Kale
- 1 Yellow Onion

Knick Knacks

- ¼ Cup Panko Breadcrumbs
- 1 Tablespoon Egyptian Spice Blend
(Ground Turmeric, Ground Cumin, Aleppo Pepper, Ground Coriander & Ground Star Anise)

Makes: 2 servings

Prep Time: 10 minutes | **Cook Time:** 35–45 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Remove and discard the kale stems; roughly chop the leaves. Peel and mince the garlic. Peel and small dice the onion.

2



Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **1 cup of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork. Set aside in a warm place.

3



Cook the kale:

While the rice cooks, in a large pan, heat a drizzle of olive oil on medium-high until hot. Add the **kale** and **half the garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly wilted. Add **¼ cup of water** and cook, stirring occasionally, 2 to 3 minutes, or until wilted and the water has cooked off. Transfer to a plate and set aside in a warm place. Wipe out the pan.

4



Form the meatballs:

While the rice continues to cook, in a large bowl, combine the **ground beef**, **breadcrumbs**, **egg** and **remaining garlic**. Drizzle with olive oil and season with salt and pepper. Gently mix until just combined. Using your hands, form the mixture into 12 to 14 equal-sized meatballs. Transfer to a plate.

5



Cook the meatballs & make the sauce:

In the same pan, 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 **onion** and **spice blend**; cook, stirring frequently, 2 to 3 minutes, or until slightly softened and fragrant. Stir in the **tomato sauce** and **1 cup of water**; season with salt and pepper. Cook, stirring occasionally and spooning the sauce over the meatballs, 6 to 7 minutes, or until the sauce has thickened and the meatballs are cooked through. Remove from heat.

6

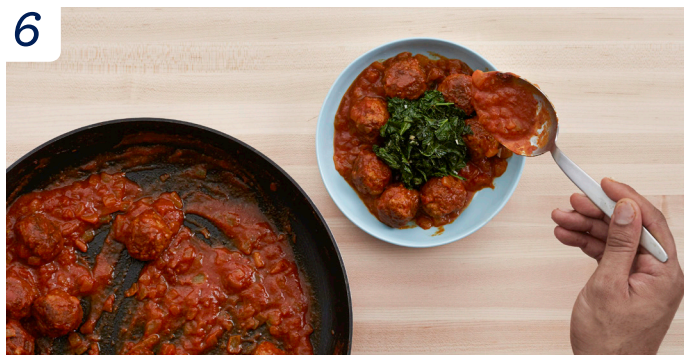


Plate your dish:

Divide the cooked rice between 2 dishes. Divide the **cooked meatballs** and **cooked kale** between 2 separate dishes. Top with the **sauce**. Serve with the rice on the side. Enjoy!