

A Sutherland Belle

Mediterranean Meatballs with Lemon Herbed Couscous & Chickpea Salad

INGREDIENTS

For the Meatballs

- 1 tablespoon olive oil
- 1 pound ground chicken or turkey
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1 yellow onion, grated
- 1 lemon zested
- 4 cloves fresh garlic, finely minced
- Kosher salt and cracked pepper
- Garnish with pickled red onions, feta cheese, tzatziki, hummus, and fresh dill

For the Couscous

- 2 (15-ounce cans) chickpeas, drained and rinsed
- 1 (5-ounce) box [365 Whole Foods Market Pearled Lemon & Herb Couscous](#) (if using regular pearled couscous, use additional lemon juice)
- 1 cup coarsely chopped parsley leaves and stems
- 6 ounces Feta, coarsely chopped or crumbled (optional)
- ¼ cup extra-virgin olive oil
- 1 lemon juiced, or more to taste
- 4 garlic cloves, finely minced
- Kosher salt and cracked black pepper

INSTRUCTIONS

1. **For the Meatballs:** Preheat the oven to 425 degrees F. Line a baking sheet with parchment.
2. Add the lamb, onion, garlic, lemon zest, parsley, dill, cumin, oregano, cayenne, and a pinch each of salt and pepper to a bowl. Coat your hands with olive oil, roll the meat into 2 tablespoon-sized balls (makes 10-12 meatballs), and place them on the prepared baking sheet. Transfer to the oven and bake for 15-20 minutes or until the meatballs are crisp or cooked through on the inside.

3. **For the Couscous:** Cook couscous according to package directions. Let cool to room temperature.
4. Add couscous and remaining ingredients except feta if using. Season heavily with fresh cracked pepper and stir. Let sit for 10 minutes or up to 2 hours at room temperature.
5. Before serving, add feta, and more lemon juice until it tastes bright. This salad can be kept in the refrigerator for up to 4 days. Bring to room temperature before serving.