

Spiced Meatballs with Pearl (Israeli) Couscous, a Fresh Zucchini Roasted Almond Salad, & Honeyed Yoghurt

**Gather
& Feast**

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These spiced meatballs with pearl couscous are a perfect combination of flavours and textures. The meatballs are juicy and tender, infused with a blend of cumin and cardamom. The pearl couscous provides a satisfying chewiness, while the zucchini roasted almond salad adds a refreshing crunch. The honeyed yoghurt, with its sweetness and tanginess, ties everything together. This recipe is a complete meal that's perfect for a quick weeknight dinner or a weekend gathering.

SERVES 4 | **PREP TIME** 15 minutes | **COOK TIME** 30 minutes | **TOTAL TIME** 45 minutes

INGREDIENTS

Meatballs

- 500g grass-fed beef mince
- 3 teaspoon ground cumin
- 2 teaspoon ground cardamom
- 1/2 teaspoon sea salt
- A few generous cracks of black pepper

Couscous

- Pinch chili flakes, to your taste
- 1 cup pearl (Israeli) couscous, dry
- 3 garlic cloves, crushed or finely grated
- 1 1/2 cups beef or vegetable stock
- 2 large handfuls baby spinach
- 1/4 cup sultanas
- Salt and pepper to taste

Fresh zucchini & roasted almond salad

- 1 large zucchini, roughly grated
- 1 small bunch fresh basil, finely chopped
- 1 small bunch fresh mint, finely chopped
- Zest and juice of 1 lemon
- Drizzle of extra virgin olive oil



- 1/2 cup roasted almonds, roughly chopped (you could also use toasted slivered almonds)

Honeyed yoghurt

- 1 cup thick unsweetened Greek yoghurt
- 1/2 teaspoon ground cumin
- 1 tablespoon honey
- Zest of 1 orange

METHOD

Meatballs

1. Preheat oven to 170°C/340°F (fan forced).
2. In a medium bowl add the beef mince, ground cumin, ground cardamom, salt, and some freshly cracked black pepper.
3. Using your hands mix the spices through the mince completely.
4. Form the mince into tablespoon-sized balls. There should be roughly 20.
5. Now place a large saucepan onto medium to high heat.
6. Once the pan is hot add a drizzle of extra virgin olive oil and the meatballs.
7. Sear on high heat until browned. This will take roughly 4 minutes.
8. Remove the balls from the pan and place them into a heatproof bowl.
9. Place the bowl into the oven to finish cooking for 15 minutes.
10. While the meatballs are cooking let's prepare the remaining elements.

Couscous

1. Using paper towel remove any excess oil from the pan you just used.
2. Add a sprinkling of chili flakes to your taste.
3. Add the pearl couscous and crushed garlic and sauté for roughly 30 seconds.
4. Add the stock and give the mixture a good stir.
5. Place the lid on top of the pan and simmer for 10 minutes.
6. Remove the lid and add the baby spinach and sultanas then stir to combine.
7. Place the lid back on top and allow to sit for 5-10 minutes.

Salad

1. Grate the zucchini into a medium-sized bowl.
2. Add the finely chopped mint and basil.
3. Add the roughly chopped almonds, the lemon zest, and juice.
4. Add some salt and freshly cracked pepper to taste.
5. Add a generous drizzle of extra virgin olive oil and stir to combine.

Honeyed yoghurt

1. In a small bowl mix the yoghurt, cumin, and honey.

To assemble

1. After 15 minutes remove the meatballs from the oven and also remove the lid from the couscous.
2. If you're serving this dish individually divide the couscous, meatballs, and salad into 4 serving bowls.

3. Dollop with the honeyed yoghurt and top with orange zest and fresh mint leaves.
4. To serve this in the pan, add the meatballs directly to the couscous, the salad alongside, and top with the yoghurt, orange zest and fresh mint leaves.

NOTES

Feel free to serve each element in individual bowls as a 'share-style' dinner for guests to build their own plate.

Flatbreads warm from the oven would also make a delicious addition, especially if you're entertaining guests.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/spiced-meatballs-pearl-israeli-couscous-fresh-zucchini-roasted-almond-salad-honeyed-yoghurt>

Let me know if you make the recipe! x **@gatherandfeast**