

Moroccan Meatballs with Yogurt Sauce

Servings: 4

Source: Once Upon a Chef

Ingredients

Meatballs

- 1 large egg
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp allspice
- ¼ cup chopped fresh cilantro, optional
- 1¼ tsp kosher salt
- ½ tsp black pepper
- 1¼ lb lean ground beef
- ⅓ cup panko
- vegetable oil, for grilling

Yogurt Sauce

- ½ English cucumber, peeled, halved lengthwise, seeded and finely diced
- 1 cup Greek yogurt, not non-fat
- 2 tbsp fresh lemon juice, from one lemon
- 1 tbsp chopped fresh dill
- kosher salt, to taste
- ¼ tsp black pepper

Method

Meatballs

1. Preheat the grill to medium-high heat (about 500°F).
2. Mix together the egg, garlic, cumin, allspice, cilantro, salt, and pepper in a medium bowl. Add the ground beef and panko and mix with your hands until well combined.
3. Using a ⅓ cup measure, form 8 disc-shaped meatballs. (They will dome slightly on the grill, forming nicely rounded meatballs.)
4. Lightly dip a wad of paper towels in vegetable oil and, using tongs, carefully rub over the grates several times until glossy and coated. Grill the meatballs, covered, for about 4 minutes per side, or until they are nicely browned on the exterior and no longer pink in the center. Transfer the meatballs to a serving plate and let rest for 3 minutes. Serve with the yogurt sauce and couscous, if desired.

Yogurt Sauce

1. Combine all of the sauce ingredients in a small bowl and mix well. Refrigerate until ready to serve.

***FREEZER-FRIENDLY:** The meatballs can be frozen for up to 3 months. When you're ready to serve them, reheat them tightly covered in a 300°F oven, until hot in the center.*