

greek turkey meatballs with couscous and dill yogurt sauce

BY CAROLINE CHAMBERS

Serves 4 to 6

Tools:

- [Cutting board](#)
- [Chef's knife](#)
- Mixing bowls — one small, one large
- [9x13-inch roasting pan](#), or 12-inch skillet, or braiser, or literally anything ovenproof and wide enough to fit all meatballs in an even layer
- Optional: [microplane](#), for zesting the lemon and garlic (you can also use the smallest hole on a box grater)

Meatballs, Zucchini, and Couscous:

- 2 medium zucchini, quartered lengthwise, 1/4-inch sliced
- 1 tablespoon neutral oil
- 2 teaspoons dried oregano, divided
- Kosher salt
- Freshly ground black pepper
- 1 egg
- 1 pound ground turkey or chicken
- 1/2 cup grated Parmesan cheese
- 1/2 cup panko breadcrumbs
- 1 small shallot, finely minced
- 2 garlic cloves, grated or minced
- Zest and juice of 1 lemon, divided
- 3 tablespoons chopped fresh dill (or basil/parsley)

Preheat oven to **450°F**. Place one oven rack on the center rung (for baking and roasting), and one on the top rung (for broiling).

In a 9x13-inch baking dish or a 12-inch ovenproof skillet (such as a cast iron), toss the **2 chopped zucchinis** with **1 tablespoon neutral oil**, **1 teaspoon dried oregano**, **3/4 teaspoon kosher salt** and **1/4 teaspoon freshly ground pepper** until evenly coated.

Roast zucchini for 7 minutes on the middle oven rack.

While it roasts, make the meatballs.

Crack **1 egg** into a large bowl and whisk. Stir in **1 pound ground turkey** (or chicken), **1/2 cup grated Parmesan cheese**, **1/2 cup panko breadcrumbs**, **1 finely minced shallot**, **2 grated garlic cloves**, the

- 1 cup couscous
- 1 cup hot water
- 2 tablespoons butter, cut up into little cubes

Dill Yogurt Sauce:

- 1 cup plain Greek yogurt
- Juice of 1 lemon
- 1 garlic clove, grated or minced
- 2 tablespoons chopped fresh dill
- 1 tablespoon extra-virgin olive oil
- Kosher salt

Extra Toppings:

- 4 ounces (1/2 cup) feta, crumbled
- 2 tablespoons of whatever nut! (I like toasted pistachios or chopped almonds)
- 1 to 2 cups of greens! (I like baby arugula. If you use kale or another big leaf, be sure to slice it very thinly.)
- Dumpster dive: You know the drill! Dig into your fridge and grab any crunchy veggies such as bell peppers, cucumbers, radishes, or fennel, slice very thinly, and throw on top with the arugula!

zest of 1 lemon (about 1 teaspoon), 3 tablespoons chopped fresh dill, 1 teaspoon kosher salt, 1 teaspoon dried oregano, and 1/4 teaspoon black pepper. Stir it all to mix well, then use your hands to form 8 to 10 meatballs. No need to dirty up another plate here — just shove the meat to one half of the bowl and start forming and piling the meatballs on the other side.

Remove the zucchini from the oven and raise the oven temperature to **broil** (on high).

Stir the zucchini. (It will not be finished cooking yet and might be watery looking, etc. Don't worry! It'll get there). Place the meatballs on top. Drizzle some **neutral oil** over the meatballs, or spray them with cooking spray.

Slide the dish onto the **top oven rack** and **broil** the meatballs for 3 to 4 minutes, until slightly golden-brown on top. Reduce heat to **425°F** and continue cooking for an additional 8 minutes.

Reduce heat to **375°F**.

Remove meatballs from the oven. Carefully pour **1 cup couscous** between the meatballs, so that it's all over the baking dish but not on top of the meatballs. Carefully pour **1 cup hot water** (as hot as the sink will go) **and the juice of 1 lemon** over the couscous. Place **2 tablespoons of butter, cubed up**, all over the top of the couscous. Season the couscous with **1/2 teaspoon salt**.

Cover the pan tightly with a lid, baking sheet, or aluminum foil.

Bake for 5 minutes. Remove lid and fluff the couscous. Is it fluffy and tender and delicious? Good, you're finished. Is it still a bit hard? Re-cover and keep cooking for a few more minutes.

Meanwhile, make the dill yogurt sauce. Combine **1 cup plain Greek yogurt**, the **juice of 1 lemon**, **1 garlic clove** (grated or minced), **2 tablespoons chopped fresh dill**, **1 tablespoon extra-virgin olive oil**, and **1/4 teaspoon kosher salt** in a small bowl. Stir and adjust seasoning to taste.

Use a fork to fluff and combine the couscous and melted butter and zucchini together all around and under the meatballs. Taste and add salt and pepper as needed.

Scatter **1/2 cup feta**, **a couple tablespoons of nuts**, **a few cranks of freshly ground black pepper**, **and a big handful of arugula** over top.

Serve meatballs over top of the couscous with lots of dill yogurt sauce and toppings.