

# moroccan meatballs with corn butter rice

By Caroline Chambers

Serves 4 to 6

Cook time: ~45 minutes

Tools:

- [Baking sheet](#)
- [Parchment paper](#)
- [Tongs](#)
- [Large bowl](#)
- [Medium bowl](#)
- [Chef's knife](#)
- [Cutting board](#)
- [Meat thermometer](#)

Ingredients:

- Kosher salt
- 4 ears of corn, shucked
- 1 cup brown or white rice (or really, whatever grain you want to use)
- 2 large organic lemons, divided
- 2 tablespoons unsalted butter
- 3/4 cup sour cream
- 1 large egg
- 1 pound ground turkey
- 1/3 cup panko breadcrumbs
- 1 teaspoon garam masala
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 1 bunch soft green herbs (any mixture of basil, parsley, dill, and/or cilantro)
- Optional extras: greens such as arugula or spring mix, thinly sliced cucumbers, thinly sliced radishes, green onions, more fresh herbs, toasted nuts, chopped tomatoes, the sky's the limit!

Preheat oven to 425°F and line a baking sheet with parchment paper (*seriously, do this now — your hands are gonna be dirty when you need it later*).

Cut the corn kernels off of **4 ears of corn**. Set the kernels aside.

Cook **1 cup dried rice** according to package instructions, but add an **extra 1/4 cup of water** and throw the 4 spent corn cobs into the pot too. For the last 5 minutes of cooking, use tongs to remove the cobs, discard them, and stir in the corn kernels.

When the rice is cooked, stir in the **zest and juice of 1 lemon** and **2 tablespoons unsalted butter**. Taste and add **kosher salt** as needed. Leave the rice covered, off the heat.

While the rice is cooking, make the sauce and meatballs.

To make the sauce, in a medium bowl, combine **3/4 cup sour cream, the zest and juice of 1 lemon,** and **1/4 teaspoon kosher salt.** Set aside.

Finely chop **enough soft green herbs (leaves and tender stems)** to get 1/2 cup.

In a large bowl, lightly whisk **1 egg.** Add **2 tablespoons of the lemony sour cream sauce, 1 pound ground turkey, 1/3 cup breadcrumbs, 1/4 cup finely chopped soft green herbs, 1 1/4 teaspoons kosher salt, 1 teaspoon garam masala, 1 teaspoon smoked paprika, 1 teaspoon garlic powder, 1/2 teaspoon turmeric,** and **1/2 teaspoon cumin.** Use your hands to combine everything.

Form 12 to 15 meatballs — they should be 1 1/2-ish inches in diameter each (a little bigger than a ping pong ball) — and place them on the parchment-lined baking sheet, at least 1 inch apart.

Bake for 10 minutes. You can cut a meatball in half to make sure they're cooked through, or use a meat thermometer to make sure they're at least 165°F internally.

Scoop your desired amount of rice into a bowl, top with a few meatballs, a big drizzle of lemony sour cream, and any desired extras (including the leftover chopped herbs you'll have). Dig in!