



# Lemony Beef and Orzo Bowls

with Feta and Peppers

Family Friendly 25 - 35 Minutes

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



- Swap Mild Italian Sausage, uncased  
250 g | 500 g
- Swap Beyond Meat®  
2 | 4
- Ground Beef  
250 g | 500 g
- Orzo  
170 g | 340 g
- Feta Cheese, crumbled  
½ cup | 1 cup
- Sweet Bell Pepper  
1 | 2
- Baby Tomatoes  
113 g | 227 g
- Baby Spinach  
56 g | 113 g
- Lemon  
1 | 1
- Tomato Sauce Base  
2 tbsp | 4 tbsp
- Garlic Salt  
1 tsp | 2 tsp
- Zesty Garlic Blend  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Salt, oil, pepper, unsalted butter

**Cooking utensils** | Large non-stick pan, large pot, measuring cups, measuring spoons, strainer, zester

1



## Prep

• Before starting, wash and dry all produce.

### • Zest Guide for Step 4:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Zesty: 1 tsp (2 tsp)

- Add **6 cups water** and **1 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into ½-inch pieces. Halve **tomatoes**. Roughly chop **spinach**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **remaining lemon** into wedges.

2



## Cook orzo

- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and return **orzo** to the same pot, off heat.
- Add **1 tbsp** (2 tbsp) **butter**. Stir until melted, 1 min. Cover and set aside.

3



## Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **peppers, tomatoes, Zesty Garlic Blend** and **half the garlic salt**. Season with **pepper**.
- Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.
- Stir in **1 tbsp** (2 tbsp) **water**.
- Transfer **veggies** to a plate, then cover to keep warm.

4



## Cook beef

🔄 Swap | **Mild Italian Sausage**

🔄 Swap | **Beyond Meat®**

- Reheat the same pan over medium. When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **beef**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Add **tomato sauce base** and **remaining garlic salt**. Cook, stirring often, until fragrant, 1-2 min.
- Remove from heat. Season with **pepper**. Sprinkle ½ **tsp** (1 tsp) **lemon zest** over top, then stir to combine. (**NOTE:** Reference zest guide.) Cover to keep warm.

5



## Finish orzo

- Add **spinach** and **lemon juice** to the pot with **orzo**. Stir until **spinach** wilts, 1 min.
- Season with **salt** and **pepper**, to taste.

6



## Finish and serve

- Divide **orzo** between bowls. Top with **veggies** and **beef**.
- Sprinkle with **feta**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 4 | Cook sausage

🔄 Swap | **Mild Italian Sausage**

If you've opted to get **sausage**, cook it in the same way the recipe instructs you to cook the **beef**\*\*

## 4 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook and plate it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.\*\* Disregard instructions to drain excess fat.

\*\* Cook to a minimum internal temperature of 74°C/165°F.