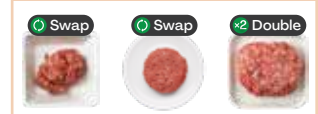




Lemony Beef and Orzo Bowls

with Feta and Peppers

Family Friendly 25 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)

Ground Turkey 250 g | 500 g Beyond Meat® 2 | 4 Ground Beef 500 g | 1000 g



- 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**.

4



Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

*2 Double | **Ground Beef**

- 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.

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

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.

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.

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.

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 turkey

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, add ½ **tbsp** (1 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** 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 it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.** Disregard instructions to drain excess fat.

4 | Cook beef

*2 Double | **Ground Beef**

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.