



# Beef and Feta Meatballs

with Dilly Orzo and Spinach

35 Minutes



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Ground Beef



Ground Chicken



Orzo



Baby Spinach



Feta Cheese,  
crumbled



Dill



Italian Breadcrumbs



Lemon-Pepper  
Seasoning



Garlic Salt



Lemon



Chicken Broth  
Concentrate



Tomato

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO FETA CHEESE

*A salty, briny cheese with a crumbly texture!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Baking sheet, medium bowl, measuring spoons, strainer, zester, medium pot, large bowl, parchment paper, measuring cups

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Chicken*	250 g	500 g
Orzo	170 g	340 g
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	½ cup	1 cup
Dill	7 g	14 g
Italian Breadcrumbs	¼ cup	½ cup
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Lemon	1	2
Chicken Broth Concentrate	1	2
Tomato	2	4
Milk*	3 tbsp	6 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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.



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### Prep

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Roughly chop **dill**.



### Cook orzo

- Meanwhile, 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.
- Stir in **broth concentrate**.
- Cover to keep warm.



### Form meatballs

- Add **breadcrumbs**, **Lemon-Pepper Seasoning**, **half the dill**, **¼ tsp** (½ tsp) **garlic salt** and **3 tbsp** (6 tbsp) **milk** to a large bowl.
- Stir until **milk** is absorbed, 30 sec. Add **beef** and **feta**, then combine again.
- Form **beef mixture** into **12 equal-sized meatballs** (24 meatballs for 4 ppl).

If you've opted to get **chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.\*\*



### Prep and marinate tomatoes

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Cut **tomato** into ½-inch pieces.
- Add **tomatoes**, **lemon zest**, **lemon juice**, **remaining garlic salt**, **¼ tsp** (½ tsp) **sugar** and **2 tbsp** (4 tbsp) **oil** to a medium bowl. (**TIP:** We love to use olive oil for marinating tomatoes!)
- Season with **pepper**, then stir to combine.



### Roast meatballs

- Arrange **meatballs** on a parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 12-14 min.\*\*



### Finish and serve

- Add **spinach**, **marinated tomatoes** and **remaining dill** to the pot with **orzo**. Stir to combine until **spinach** begins to wilt, 1 min.
- Divide **dilly orzo** between plates. Top with **meatballs**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!