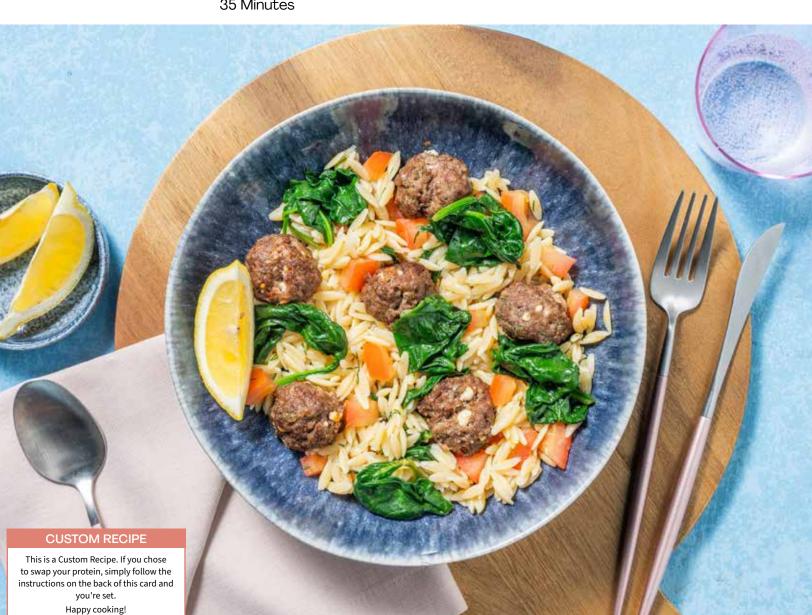


Beef and Feta Meatballs

with Dilly Orzo and Spinach

35 Minutes









Ground Beef







Feta Cheese, crumbled



Italian Breadcrumbs



Garlic Salt



Chicken Broth Concentrate



Tomato

Lemon-Pepper

Seasoning

Start here

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

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

Bust out

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

Ingredients

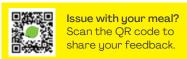
2 Person	4 Person
250 g	500 g
250 g	500 g
170 g	340 g
56 g	113 g
½ cup	1 cup
7 g	14 g
1/4 cup	½ cup
1 tbsp	2 tbsp
1 tsp	2 tsp
1	2
1	2
2	4
3 tbsp	6 tbsp
1/4 tsp	½ tsp
	250 g 250 g 170 g 56 g ½ cup 7 g ¼ cup 1 tbsp 1 tsp 1 2 3 tbsp

- * 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.





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.



Form meatballs

- Add breadcrumbs,
 Lemon-Pepper Seasoning, half the dill,
 1/2 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**.**



Roast meatballs

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



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.



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.



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