



Lemony Beef and Orzo Bowls

with Feta and Peppers

Family Friendly 25-35 Minutes



Ground Beef



Orzo



Feta Cheese, crumbled



Sweet Bell Pepper



Baby Tomatoes



Baby Spinach



Lemon



Tomato Sauce Base



Garlic Salt

HELLO LEMON ZEST

Punch up the flavour of ground beef with a sprinkle of lemon zest!

Start here

Before starting, wash and dry all produce.

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

Zest Guide for Step 4:

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

Bust out

Measuring spoons, strainer, zester, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Orzo	170 g	340 g
Feta Cheese, crumbled	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
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
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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 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 **any remaining lemon** into wedges.



Cook beef

- Reheat the same pan over medium.
- When 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 lemon zest** over top, then stir to combine. (**NOTE**: Reference zest guide.)
- Cover to keep warm.



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 **butter** is melted, 1 min. Cover and set aside.



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.



Cook veggies

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



Finish and serve

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

Dinner Solved!