

Lemony Beef and Orzo Bowls

with Feta and Peppers

Family Friendly 25–35 Minutes













Feta Cheese,

crumbled

Sweet Bell Pepper



Baby Tomatoes







Lemon



Tomato Sauce Base



Garlic Salt

HELLO LEMON ZEST

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

Zest Guide for Step 4:

- Mild: 1/4 tsp (1/2 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

Inaredients

| 9 | | |
|-----------------------|----------|----------|
| | 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.

Contact

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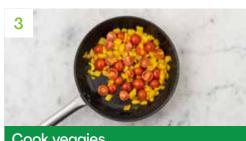
Prep

- 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 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.



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.



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 1/2 tsp lemon zest over top, then stir to combine. (NOTE: Reference zest guide.)
- Cover to keep warm.



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.



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!