



Lemony Beef and Orzo Bowls

with Feta and Peppers

Family Friendly 25-35 Minutes



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!

Issue with your meal?
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- Ground Beef
- Ground Chicken
- 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
Ground Chicken*	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
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

If you've opted to get **chicken**, cook it in the same way the recipe instructs you to cook the **beef**, disregarding instructions to drain fat.**



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.



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!