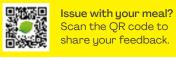


Lemony Beef and Orzo Bowls

with Feta and Peppers

Family Friendly 25-35 Minutes













Sweet Bell Pepper



Baby Tomatoes

Feta Cheese, crumbled





Lemon

Baby Spinach



Tomato Sauce Base



Garlic Salt



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!

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

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.

Alleraens

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 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.



- · 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.



- 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.



- 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!