

HELLO Lemony Beef and Orzo Bowls with Feta and Peppers

Family Friendly 25-35 Minutes





Mild Italian





Ground Beef 250 g | 500 g



170 g | 340 g



Feta Cheese, crumbled



Pepper

1 2

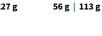
½ cup | 1 cup



Baby Tomatoes 113 g | 227 g



Baby Spinach





1 | 1



2 tbsp | 4 tbsp



Garlic Salt 1tsp | 2tsp



Blend 1 tbsp | 2 tbsp









If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥

Allengens 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. **Cooking utensils** | Measuring spoons, strainer, zester, measuring cups, large pot, large non-stick pan



Prep

- · Before starting, wash and dry all produce.
- Zest Guide for Step 4:
 - Medium: ½ tsp (1 tsp) • Mild: ¼ tsp (½ tsp)
 - Zesty: 1 tsp (2 tsp)
- 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 melted, 1 min. Cover and set aside.



Cook veggies

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



Cook beef

🔘 Swap | Mild Italian Sausage

O Swap | Beyond Meat®

- Reheat the same pan over medium.
- When the pan is 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.



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.

Measurements within steps

1 tbsp (2 tbsp)

oil

4 | Cook sausage

Swap | Mild Italian Sausage

If you've opted to get sausage, cook it in the same way the recipe instructs you to cook the beef.**

4 | Cook Beyond Meat®

O Swap | Beyond Meat®

If you've opted to get **Beyond Meat**®, prepare, cook and plate it the same way as the **beef**, until cooked through, 5-6 min.**

