



Lemony Beef and Orzo Bowls

with Feta and Peppers

Family Friendly 25-35 Minutes

Customized Protein **+** Add **↻** Swap or **×2** Double

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](http://www.hellofresh.ca)



↻ Swap Mild Italian Sausage 250 g 500 g	↻ Swap Plant-Based Protein Shreds 200 g 400 g
 Ground Beef 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	 Zesty Garlic Blend 1 tbsp 2 tbsp

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.

Pantry items | Unsalted butter, oil, salt, pepper

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

1



Prep

- Before starting, wash and dry all produce
- **Zest Guide for Step 4:**
 - Mild: ¼ tsp (½ tsp)
 - Medium: ½ tsp (1 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 **remaining lemon** into wedges.

2



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.

3



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.

4



Cook beef

[Swap](#) | [Mild Italian Sausage](#)

[Swap](#) | [Protein Shreds](#)

- 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.

5



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.

6



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**
2 person 4 person Ingredient

4 | Cook sausage

[Swap](#) | [Mild Italian Sausage](#)

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

4 | Cook protein shreds

[Swap](#) | [Protein Shreds](#)

If you've opted to get **plant-based protein shreds**, cook and plate it the same way as the recipe instructs you to cook and plate the **beef**, tossing occasionally until cooked through, 6-8 min.** Disregard instructions to drain excess fat.



Issue with your meal? Scan the QR code to share your feedback.

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