



Grilled Lemony Beef and Veggies

with Orzo, Feta and Peppers

Family Friendly

Grill

20 - 30 Minutes

SEIZE THE FRESHEST OF SUMMER!



Swap



Mild Italian Sausage, uncased
250 g | 500 g

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



Ground Beef
250 g | 500 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



Garlic Salt
1 tsp | 2 tsp



Italian Breadcrumbs
2 tbsp | 4 tbsp



Orzo
170 g | 340 g

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PACE-INO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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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Ingredient quantities 56 g | 113 g
2 person 4 person

1



Cook orzo

- Before starting, wash and dry all produce.
- 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.
- Lightly oil the grill. While you prep, preheat the grill to medium (approx. 400°F).

- 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** and **half the garlic salt**. Stir until **butter** melts, 1 min. Cover and set aside.

2



Prep and marinate tomatoes

- Meanwhile, core, then quarter **pepper**. Add **peppers** to a plate. Drizzle $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** over top. Season with **salt** and **pepper**, then toss to coat.
- Roughly chop **spinach**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Halve **tomatoes**.
- Add **tomatoes**, **1 tsp** (2 **tsp**) **lemon juice** $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **sugar** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.

3



Finish orzo

- Add **spinach**, **lemon zest** and **remaining lemon juice** to the pot with **orzo**. Stir until **spinach** wilts, 1 min.
- Season with **salt** and **pepper**, to taste. Cover and set aside.

4



Form patties

Swap | Mild Italian Sausage

- Add **beef**, **breadcrumbs** and **remaining garlic salt** to another medium bowl. (**TIP:** If you prefer more tender patties, add an egg to the mixture!) Season with **pepper**, then combine.
- Form **mixture** into **four** (eight) **4-inch wide patties**. Transfer to a plate.
- Gather **peppers**, **patties** and tools, then head out to the grill!

5



Grill peppers and patties

- Add **peppers** to grill. Grill **peppers**, flipping once, until tender, 4-5 min. Transfer **grilled peppers** to the same plate.
- Meanwhile, add **patties** to other side of grill. Close lid and grill **patties**, flipping once, until cooked through, 3-4 min per side.**
- Transfer **grilled patties** to plate with **peppers**.

6



Finish and serve

- Cut **grilled peppers** into bite-sized pieces.
- Divide **orzo** between bowls. Top with **tomatoes**, **peppers** and **patties**.
- Sprinkle with **feta**.
- Squeeze a **lemon wedge** over top, if desired.

4 | Form patties

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****

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