



Lemony Beef and Orzo Bowls

with Feta and Sweet 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](https://www.hellofresh.ca)

Mild Italian Sausage, uncased
250 g | 500 g

Beyond Meat®
2 | 4

Ground Beef
500 g | 1000 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
4 g | 8 g



Zesty Garlic Blend
7 g | 14 g

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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Salt, oil, pepper, butter

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

1



Prep

- Before starting, wash and dry all produce.
- To a large pot, add **6 cups water** and **1 tsp salt** (use same for 4 servings). Cover and bring to a boil over high.
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Halve **tomatoes**.
- Roughly chop **spinach**.
- Zest, then juice **half the lemon** (whole lemon for 4 servings). Cut **remaining lemon** into wedges.

4



Cook beef

🔄 Swap | **Mild Italian Sausage**

🔄 Swap | **Beyond Meat®**

×2 Double | **Ground Beef**

- Reheat the same pan over medium.
- When hot, add **1 tsp** (2 tsp) **oil**, then **beef**.
- Cook for 4-5 min, breaking up **beef** into smaller pieces, until no pink remains.**
- Carefully drain and discard excess fat.
- Add **tomato sauce base** and **remaining garlic salt**. Cook for 1-2 min, stirring often, until fragrant.
- Remove from heat. Season with **pepper**.
- Sprinkle ½ **tsp** (1 tsp) **lemon zest** over top, then stir to combine. (Like things zesty? Add more lemon zest!)
- Cover to keep warm.

2



Cook orzo

- To the **boiling water**, add **orzo**. Cook for 8-10 min, stirring occasionally, until tender but still firm to the bite.
- Strain **orzo**, then return to the pot, off heat.
- Stir in **1 tbsp** (2 tbsp) **butter**. Cover and set aside.

5



Finish orzo

- To the pot with **orzo**, add **spinach** and **lemon juice**. Stir for 1 min, until **spinach** wilts.
- Season with **salt** and **pepper**, if you like.

3



Cook veggies

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

6



Finish and serve

- Divide **orzo** between bowls. Top with **veggies** and **beef**.
- Sprinkle with **feta**.
- Squeeze a **lemon wedge** over top, if you like.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**

2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Cook sausage

🔄 Swap | **Mild Italian Sausage**

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

4 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy.** Disregard instructions to drain excess fat.

4 | Cook beef

×2 Double | **Ground Beef**

If you've opted for **double beef**, cook in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

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