



Feta-Stuffed Meatballs

with Dilly Orzo and Spinach

Spicy

35 Minutes



Ground Beef



Orzo



Baby Spinach



Feta Cheese, block



Dill



Italian Breadcrumbs



Lemon-Pepper Seasoning



Garlic Salt



Lemon



Chicken Broth Concentrate



Beefsteak Tomato



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HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, zester, medium pot, large bowl, parchment paper, small bowl, measuring cups

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Orzo	170 g	340 g
Baby Spinach	56 g	113 g
Feta Cheese, block	100 g	200 g
Dill	7 g	14 g
Italian Breadcrumbs	¼ cup	½ cup
Lemon-Pepper Seasoning 🍋	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Lemon	1	2
Chicken Broth Concentrate	1	2
Beefsteak Tomato	170 g	340 g
Milk*	3 tbsp	6 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Contact

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Prep

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, cut **half the feta** into **12 even cubes** (24 cubes for 4 ppl). Crumble **remaining feta** into a small bowl. Set aside.
- Roughly chop **dill**.



Cook orzo

- Meanwhile, 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.
- Stir in **broth concentrate**.
- Cover to keep warm.



Form meatballs

- Add **breadcrumbs**, **Lemon-Pepper Seasoning**, **half the dill**, **¼ tsp garlic salt** and **3 tbsp milk** (dbl for 4 ppl) to a large bowl. Stir until **milk** is absorbed, 30 sec. Add **beef**, then combine again.
- Form **beef mixture** into **12 equal-sized patties** (24 for 4 ppl).
- Add **one feta cube** to the **middle of each patty**. Shape and press **patties** firmly around **feta**, fully enclosing it to create **meatballs**.



Prep and marinate tomatoes

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Cut **tomato** into ½-inch pieces.
- Add **tomatoes**, **lemon zest**, **lemon juice**, **remaining garlic salt**, **¼ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) to a medium bowl. (**TIP:** We love to use olive oil for marinating tomatoes!) Season with **pepper**, then stir to combine.



Roast meatballs

- Arrange **meatballs** on a parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 12-14 min. **



Finish and serve

- Add **spinach**, **marinated tomatoes**, **crumbled feta** and **remaining dill** to the pot with **orzo**. Stir to combine until **spinach** begins to wilt, 1 min.
- Divide **dilly orzo** between plates. Top with **feta-stuffed meatballs**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!