













# Lemony Beef and Orzo Bowls

with Feta and Peppers

Family Friendly 25-35 Minutes



-  Ground Beef
-  Ground Turkey
-  Orzo
-  Feta Cheese, crumbled
-  Sweet Bell Pepper
-  Baby Tomatoes
-  Baby Spinach
-  Lemon
-  Tomato Sauce Base
-  Garlic Salt

**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO LEMON ZEST  
*Punch up the flavour of ground beef with a sprinkle of lemon zest!*

## Start here

Before starting, wash and dry all produce.

### Zest Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Zesty: 1 tsp

## Bust out

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

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Orzo	170 g	340 g
Feta Cheese, crumbled	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
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
Unsalted Butter*	1 tbsp	2 tbsp
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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## 1 Prep

- 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.



## 4 Cook beef

- Reheat the same pan over medium.
- When hot, add **1 tsp oil** (dbl for 4 ppl), 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 lemon zest** over top, then stir to combine. (NOTE: Reference zest guide.)
- Cover to keep warm.

If you've opted to get **turkey**, add **1 tbsp oil** (dbl for 4 ppl) to the pan, then add **turkey**. Cook it in the same way the recipe instructs you to cook the **beef**. No need to drain and discard excess fat.



## 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 butter** (dbl for 4 ppl). Stir until **butter** melts, 1 min. Cover and set aside.



## 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.



## 3 Cook veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **peppers, tomatoes** and **half the garlic salt**. Season with **pepper**. Cook, stirring occasionally, until tender-crisp, 5-6 min.
- Stir in **1 tbsp water** (dbl for 4 ppl).
- 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 desired.

## Dinner Solved!