



# Beef and Feta Meatballs

with Dilly Orzo and Spinach

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)

↻ Swap



Ground Pork  
250 g | 500 g

↻ Swap



Beyond Meat®  
2 | 4



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



Tomato  
2 | 4



**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.

1



## Prep

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

- 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**.

2



## Form meatballs

Swap | Ground Pork

Swap | Beyond Meat®

- Add **breadcrumbs**, **Lemon-Pepper Seasoning**, **half the dill**, **¼ tsp** (½ tsp) **garlic salt** and **3 tbsp** (6 tbsp) **milk** 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 patties for 4 ppl).
- Add **one feta cube** to the middle of **each patty**. Shape and press **patties** firmly around **feta cube**, fully enclosing it to create **meatballs**.

3



## Roast meatballs

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

4



## 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.

5



## 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** (½ tsp) **sugar** and **2 tbsp** (4 tbsp) **oil** to a medium bowl. (**TIP:** We love to use olive oil for marinating tomatoes!)
- Season with **pepper**, then stir to combine.

6



## 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.

## 2 | Form pork meatballs

Swap | Ground Pork

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

## 2 | Form Beyond Meat® meatballs

Swap | Beyond Meat®

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **beef**.\*\*