DINNERLY

Low-Cal Mediterranean Beef & Orzo Skillet

with Spinach & Feta

30min 2 Servings

A crave-worthy meal that's low calorie and done in three steps? That's what we call a triple threat. We've got you covered!

WHAT WE SEND

- 10 oz pkg grass-fed ground beef
- 6 oz tomato paste
- ¼ oz herbs de Provence
- 3 oz orzo [2]
- 5 oz baby spinach
- 2 oz feta [1]

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

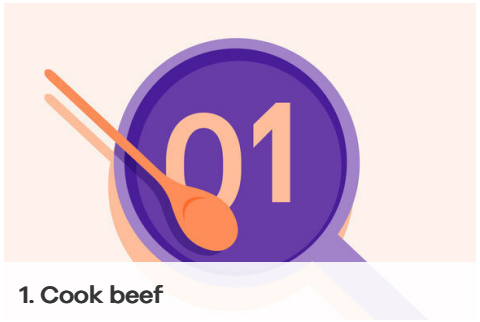
- medium skillet

ALLERGENS

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

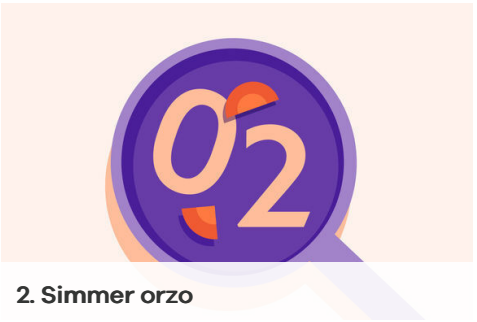
Calories 620kcal, Fat 27g, Carbs 42g, Protein 40g



1. Cook beef

Finely chop **1 teaspoon garlic**.

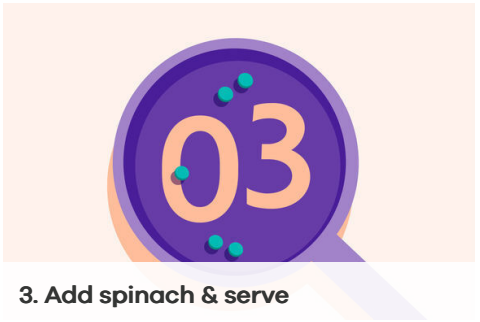
Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **beef** and season with **salt** and **pepper**. Cook, breaking up into large pieces, until well browned, 3–5 minutes.



2. Simmer orzo

To skillet with **beef**, add **chopped garlic, 2 heaping tablespoons tomato paste**, and **1 tablespoon herbs de Provence**; cook, stirring, until fragrant and paste is bright red, 2–3 minutes.

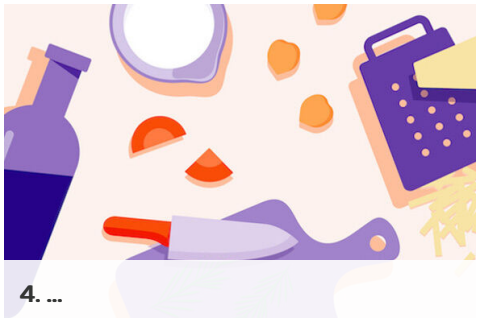
Add **1½ cups water**. Bring to a simmer, then stir in **orzo**. Reduce heat to low. Cover and simmer until orzo is tender and liquid is mostly absorbed, 12–15 minutes.



3. Add spinach & serve

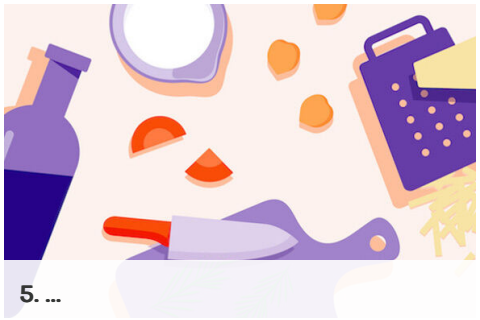
Stir in **spinach** until just wilted, 1–2 minutes.

Serve **Mediterranean beef and orzo** with **feta** crumbled over top. Enjoy!



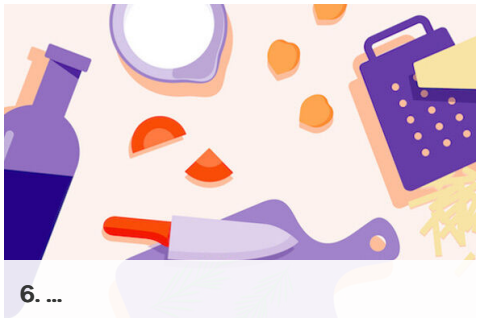
4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)
View the recipe online by visiting your account at dinnerly.com **#dinnerly**