

MARLEY SPOON



Easy Prep! Mediterranean Beef & Orzo Skillet

with Peppers, Olives & Feta



30-40min



2 Servings

Colorful, hearty, and deeply flavorful, this one skillet meal is a hungry cook's secret weapon. We sauté grass-fed ground beef with herbes de Provence, garlic, and tomato paste, and then add orzo, the rice-shaped pasta, along with bell peppers and buttery Castelvetrano olives to create a Mediterranean-inspired casserole. Baby spinach wilts in at the end and we scatter briny feta cheese over top right before serving!

What we send

- garlic
- 1 green bell pepper
- 1 oz Castelvetrano olives
- 10 oz pkg grass-fed ground beef
- 6 oz tomato paste
- ¼ oz herbes de Provence
- 3 oz orzo ²
- 5 oz baby spinach
- 2 oz feta ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium skillet

Cooking tip

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Allergens

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

Nutrition per serving

Calories 650kcal, Fat 27g, Carbs 48g, Protein 41g



1. Prep ingredients

Thinly slice **2 large garlic cloves**. Halve **pepper**, remove stem and seeds, then thinly slice. Halve **olives**, removing any pits if necessary.

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add peppers and cook, stirring occasionally, until browned in spots and still crisp, 3-5 minutes. Transfer to a plate.



4. Add orzo & simmer

To same skillet, add **1½ cups water**. Bring to a simmer over medium-high heat, then stir in **orzo**, **olives**, and **peppers**. Reduce heat to low, cover, and simmer until orzo is tender and liquid is mostly absorbed, 12-15 minutes.



2. Brown beef

Add **beef** to skillet, still over medium-high heat; season with **salt** and **pepper**. Cook, breaking beef up into large pieces with a spoon, until well browned, 3-5 minutes. Drain excess oil, if desired.



5. Add spinach

Stir **spinach** into skillet with **beef and orzo** until just wilted, 1-2 minutes.



3. Add seasonings

To skillet with **beef**, add **garlic**, **half of the tomato paste**, and **1 tablespoon herbes de Provence**; cook, stirring, until fragrant and tomato paste is bright red, 2-3 minutes.



6. Finish & serve

Crumble **feta** over **Mediterranean beef & orzo** and serve. Enjoy!