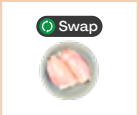




Smart Souvlaki-Style Pork Salad with Creamy Lemon Dressing

Smart Meal 30 Minutes



Chicken Thighs
280 g | 560 g

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](http://www.hellofresh.ca)



Pork Chops, boneless
340 g | 680 g



Orzo
85 g | 170 g



Sweet Bell Pepper
1 | 2



Tomato
1 | 2



Spring Mix
56 g | 113 g



Garlic, cloves
2 | 4



Lemon
1 | 1



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Sour Cream
1 | 2



Mixed Olives
30 g | 60 g



Dill-Garlic Spice Blend
1 tsp | 2 tsp

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.

Pantry items | Pepper, sugar, oil, salt

Cooking utensils | Baking sheet, large bowl, large pot, measuring spoons, medium bowl, paper towels, parchment paper, small bowl, strainer, zester

1



Cook orzo

- Before starting, preheat the oven to 450°F.
 - 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.
 - Wash and dry all produce.
- Add **half the orzo** (use all for 4 ppl) to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and rinse with cold water until cool to the touch.
- Return **orzo** to the same pot, off heat.
- Stir in **1 tsp** (2 tsp) **oil**.

2



Prep

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.
- Core, then cut **pepper** into ¼-inch pieces.
- Cut **tomato** into ¼-inch pieces.
- Drain, then cut or tear **olives** in half.

3



Cook pork

[Swap](#) | [Chicken Thighs](#)

- Meanwhile, pat **pork** dry with paper towels.
- Add **pork**, **Dill-Garlic Spice Blend**, **half the garlic** and **2 tsp** (4 tsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- Arrange **pork** on a parchment-lined baking sheet.
- Roast in the **bottom** of the oven until golden-brown and cooked through, 14-16 min.**
- Transfer **pork** to a clean cutting board to rest, 2-3 min.

4



Make creamy lemon dressing

- Meanwhile, add **lemon zest**, **sour cream**, **remaining garlic** and **1 tbsp** (2 tbsp) **water** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

5



Make salad

- Combine **lemon juice**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a large bowl.
- Add **orzo**, **spring mix**, **tomatoes**, **peppers**, **feta** and **olives**.
- Season with **salt** and **pepper**, then toss to combine.

6



Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates. Arrange **pork** over top.
- Dollop with **creamy lemon dressing**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to prep and cook the **pork chops****.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook pork and poultry to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.