

# Smart Lemon-Pepper Pork

with Fresh Salad

Calorie Smart

Carb Smart

30 Minutes



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Pork Chops, boneless





Green Bell Pepper





**Red Onion** 



Roma Tomato



Feta Cheese,



Yogurt Sauce

Baby Spinach

crumbled



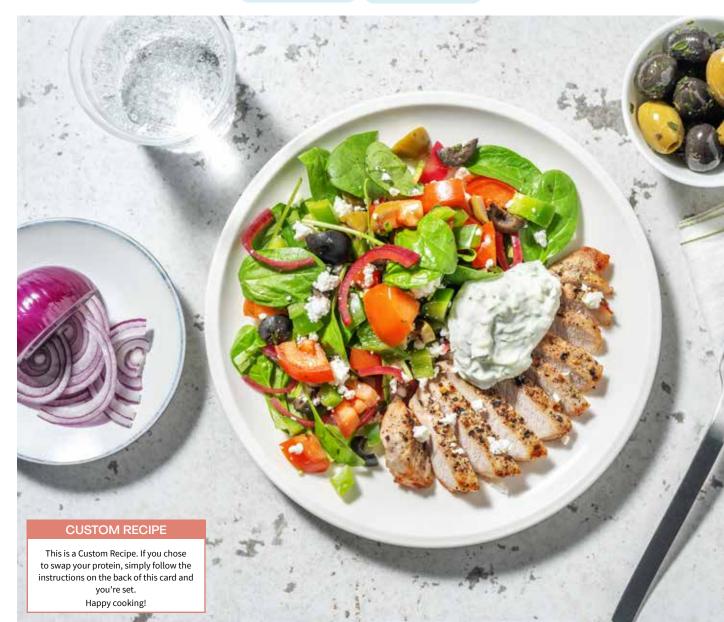
Mixed Olives



Red Wine Vinegar



Lemon-Pepper Seasoning



#### HELLO LEMON-PEPPER SEASONING

## Start here

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

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

#### **Bust out**

Baking sheet, measuring spoons, aluminum foil, large bowl, parchment paper, small pot, large non-stick pan, paper towels

# Ingredients

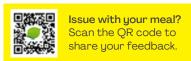
2 Person	4 Person
340 g	680 g
2	4
200 g	400 g
190 g	380 g
56 g	113 g
56 g	113 g
⅓ cup	½ cup
45 ml	90 ml
30 g	60 g
2 tbsp	4 tbsp
1 tbsp	2 tbsp
½ tbsp	1 tbsp
	340 g  2  200 g  190 g  56 g  56 g  54 cup  45 ml  30 g  2 tbsp  1 tbsp

- \* Pantry items
- \*\* Cook pork to a minimum internal temperature of  $71^{\circ}\text{C}/160^{\circ}\text{F}$  and poultry to a minimum temperature of  $74^{\circ}\text{C}/165^{\circ}\text{F}$ , as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## **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.





#### Prep

- Cut tomatoes into ½-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).
- Drain, then roughly chop or tear **olives** into bite-sized pieces.



## Pickle onions

- Add onions, vinegar, 2 tbsp (4 tbsp) water and ½ tbsp (1 tbsp) sugar to a small pot. Season with salt. Bring to a simmer over medium-high heat.
- Simmer, stirring often, until **sugar** dissolves and **onions** soften, 2-3 min.
- Remove from heat. Transfer **onions**, including **pickling liquid**, to a large bowl. Place in the fridge to cool.



## Prep pork

- On a separate cutting board, pat pork dry with paper towels.
- Season with **salt** and **Lemon-Pepper Seasoning**.

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



## Cook pork

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side.
- Transfer **pork** to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min.\*\*
- Transfer to a plate. Cover loosely with foil and set aside to rest for 2-3 min.



#### Make salad

- Meanwhile, remove the bowl with pickled onions from the fridge.
- Stir in 1 tbsp (2 tbsp) oil.
- Add spinach, peppers, tomatoes, olives and half the feta. Season with salt and pepper, then toss to combine.



### Finish and serve

- Thinly slice pork.
- Divide **salad** and **pork** between plates.
- Top pork with yogurt sauce.
- Sprinkle remaining feta over top.

**Dinner Solved!**