



# Cal Smart Lemon-Pepper Pork with Fresh Salad

Calorie Smart

30 Minutes



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### CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Pork Chops, boneless



Double Pork Chops, boneless



Green Bell Pepper



Red Onion



Tomato



Baby Spinach



Feta Cheese, crumbled



Yogurt Sauce



Mixed Olives



Red Wine Vinegar



Lemon-Pepper Seasoning

HELLO LEMON-PEPPER SEASONING

*A peppery spice blend with zippy lemon and zesty garlic!*

## Start here

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

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Double Pork Chops	680 g	1360 g
Green Bell Pepper	1	2
Red Onion	½	1
Tomato	2	4
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
Yogurt Sauce	45 ml	90 ml
Mixed Olives	30 g	60 g
Red Wine Vinegar	2 tbsp	4 tbsp
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Sugar*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

## 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** (whole onion for 4 ppl) into ¼-inch slices.
- Drain, then roughly chop or tear **olives** into bite-sized pieces.



### Cook pork

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



### 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.



### 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.



### Prep pork

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

If you've opted for **double pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of pork**. (NOTE: Don't overcrowd the pan; cook pork in 2 batches for 4 ppl, using 1 tbsp oil per batch.)



### Finish and serve

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

## Dinner Solved!



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