

HELLO Cal Smart Zesty Garlic Pork with Fresh Greens and Olive Salad

Smart Meal

25 Minutes











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 🎥











Pork Chops, boneless 340 g | 680 g

Pepper 1 2





1/2 | 1





Baby Spinach

56 g | 113 g

Feta Cheese, crumbled ¼ cup | ½ cup







Yogurt Sauce 3 tbsp | 6 tbsp

Mixed Olives 30 g | 60 g

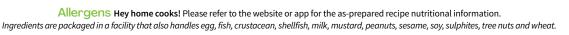




Red Wine Vinegar

2 tbsp | 4 tbsp

Zesty Garlic Blend 1 tbsp | 2 tbsp



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



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut tomatoes into ½-inch pieces. Season with salt and pepper directly on cutting board.
- 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.



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

🗘 Swap | Pork Tenderloin

🗘 Swap | Tofu

- On a separate cutting board, pat pork dry with paper towels.
- Season with salt and Zesty Garlic Blend.



Cook pork

O Swap | Tofu

- 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.



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.

Measurements within steps

1 tbsp (2 tbsp)

sp) **oil**

3 | Prep pork tenderloin

Swap | Pork Tenderloin

If you've opted to get **pork tenderloin**, prepare, sear and plate it in the same way the recipe instructs you to prepare, sear and plate the **pork chops**. Increase sear time to 6-8 min, then increase the roast time to 14-18-min.**

3 | Prep tofu

O Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Season **tofu** in the same way the recipe instructs you to season the **pork**.

4 Cook tofu

Swap | Tofu

If you've opted to get **tofu**, heat a large nonstick pan over medium heat. When hot add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan fry until golden, 2-3 min per side. Transfer **tofu** to a plate. Cover to keep warm. No need to bake **tofu** after pan-frying. Plate it the same way the recipe instructs you to plate the **pork**.

