



Cal Smart Zesty Garlic Pork



with Fresh Greens and Olive Salad

Smart Meal 25 Minutes



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Pork Tenderloin 340 g 640 g	Tofu 1 2

	
Pork Chops, boneless 340 g 680 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 3 tbsp 6 tbsp	Mixed Olives 30 g 60 g

	
Red Wine Vinegar 2 tbsp 4 tbsp	Zesty Garlic Blend 1 tbsp 2 tbsp

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 | Oil, salt, pepper, sugar

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

1



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.

4



Cook pork

[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.

2



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.

5



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.

3



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**.

6



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) **oil**
2 person 4 person Ingredient

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

[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 non-stick 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**.



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