



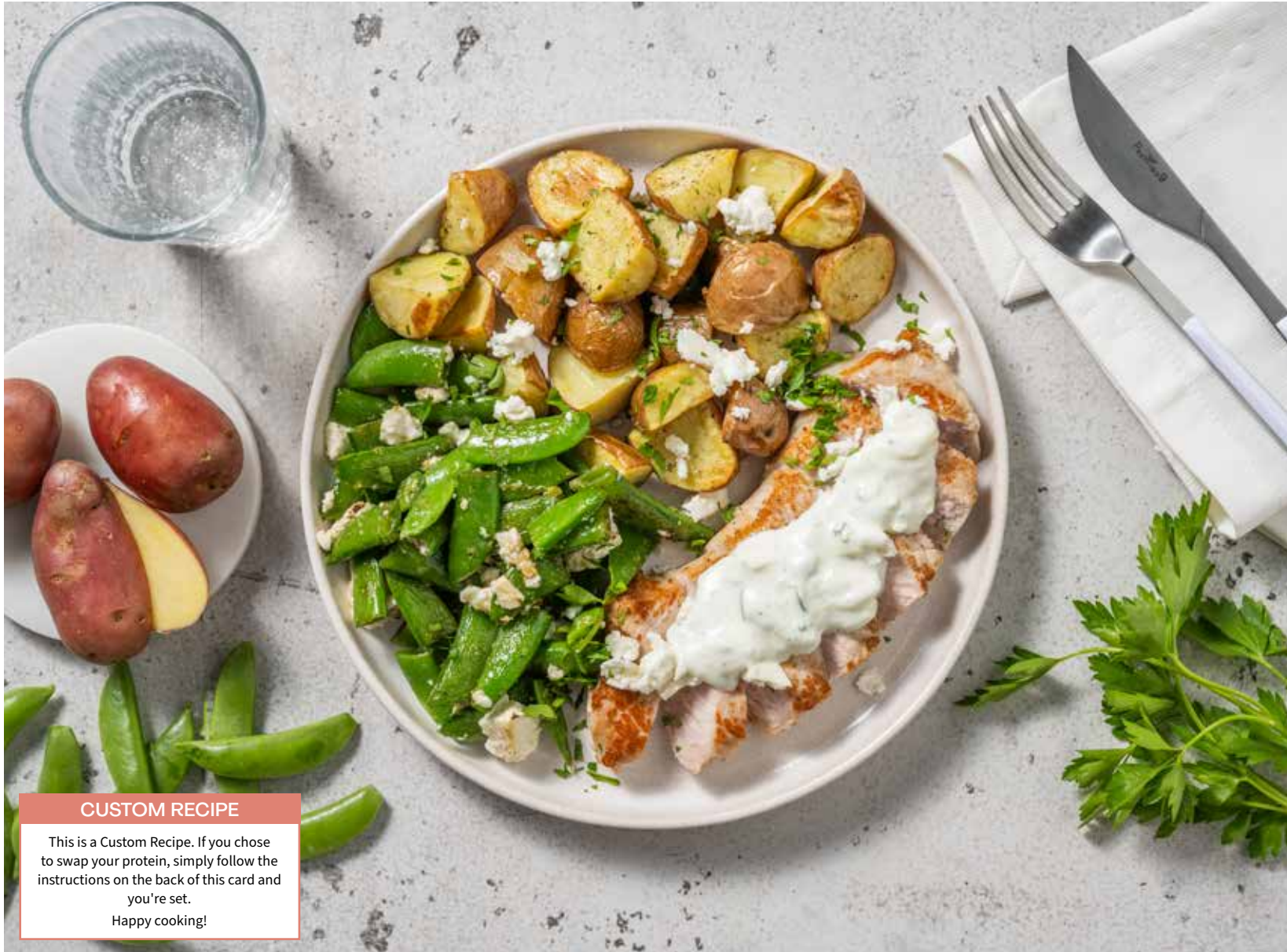
Calorie Smart Greek-Inspired Pork Chops

with Lemony Roasted Potatoes and Feta Snap Peas

Calorie Smart 30 Minutes



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Pork Chops,
boneless



Chicken Breasts



Garlic Salt



Parsley



Red Potato



Lemon



Sugar Snap Peas



Feta Cheese,
crumbled



Yogurt Sauce

CUSTOM RECIPE

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

Happy cooking!

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

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

2 Baking sheets, measuring spoons, zester, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts ♦	2	4
Garlic Salt	½ tsp	1 tsp
Parsley	7 g	14 g
Red Potato	350 g	700 g
Lemon	½	1
Sugar Snap Peas	113 g	227 g
Feta Cheese, crumbled	¼ cup	½ cup
Yogurt Sauce	45 ml	90 ml
Oil*		

Salt and Pepper*

* Pantry items

** Cook pork and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively.

♦ 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.



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Roast potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes** and **½ tbsp** (1 tbsp) **oil** to an unlined baking sheet. Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min.



Cook sugar snap peas

- Heat the same pan (from step 2) over medium.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **snap peas**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Remove from heat, then stir in **lemon zest** and **half the feta**.



Cook pork

- Meanwhile, pat **pork** dry with paper towels. Season all over with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **pork**. (**NOTE:** Don't overcrowd the pan; cook pork in 2 batches for 4 ppl, using 1 tbsp oil per batch.) Pan-fry until golden, 2-3 min per side.
- Remove the pan from heat, then transfer **pork** to another unlined baking sheet.
- Roast **pork** in the **bottom** of the oven until cooked through, 8-11 min.**

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****.



Finish potatoes

- Once **potatoes** are tender, remove from the oven, then add **½ tbsp** (1 tbsp) **lemon juice** and **half the parsley** to the baking sheet. Toss gently to coat **potatoes**.



Prep

- Meanwhile, trim, then halve **snap peas**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Roughly chop **parsley**.



Finish and serve

- Thinly slice **pork**.
- Divide **pork**, **potatoes** and **snap peas** between plates.
- Dollop **yogurt sauce** over **pork**.
- Sprinkle **remaining feta** and **remaining parsley** over everything.

Dinner Solved!