



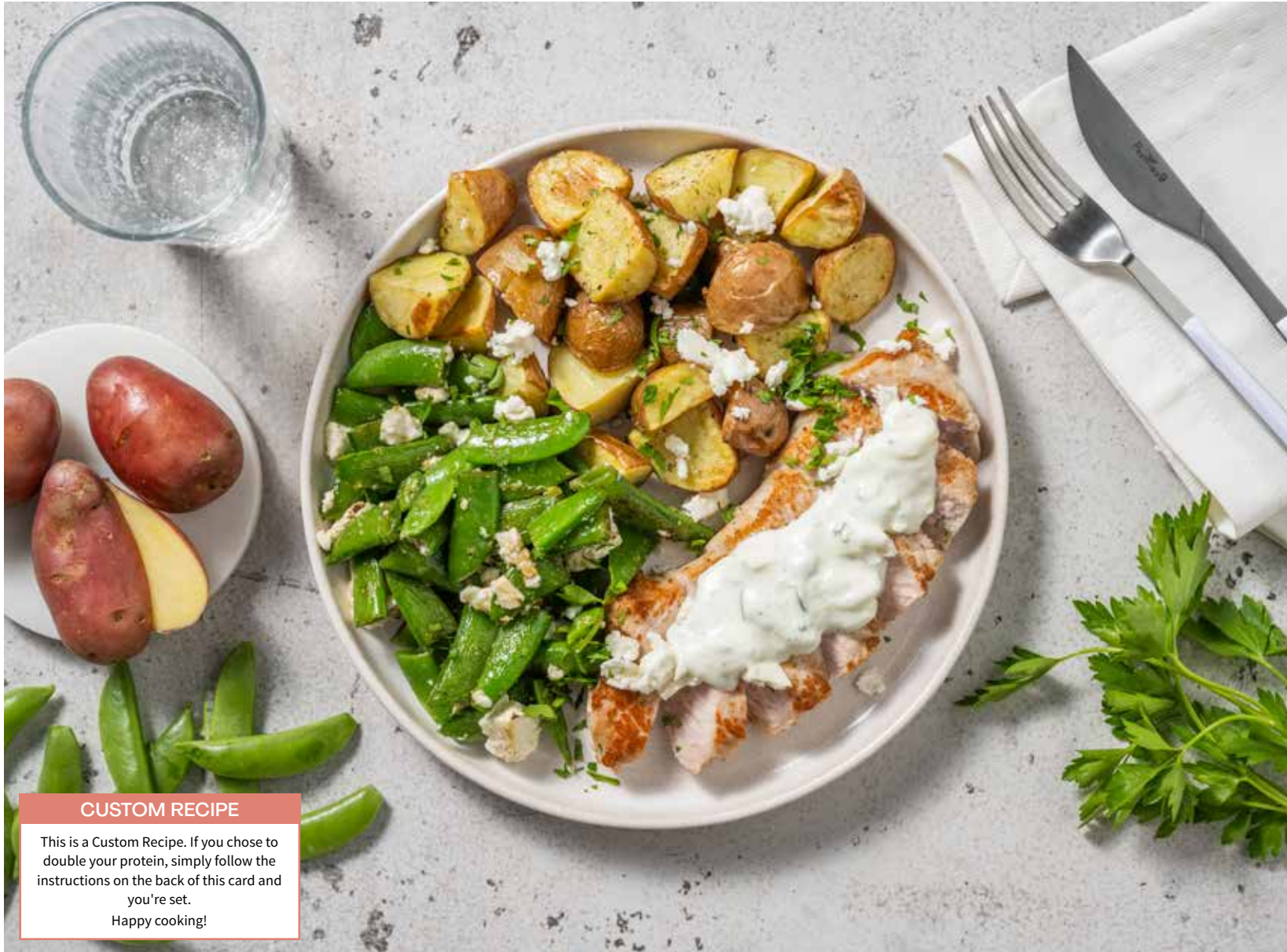
Calorie Smart Greek-Inspired Pork Chops

with Lemony Roasted Potatoes and Feta Snap Peas

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



Garlic Salt



Parsley



Red Potato



Lemon



Sugar Snap Peas



Feta Cheese, crumbled



Yogurt Sauce

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
Double Pork Chops, boneless	680 g	1360 g
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 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.



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 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 for **double the pork chops**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **regular portion of pork chops**. Work in batches, if necessary.



Prep

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



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**.



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**.



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.



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