



Calorie Smart Greek-Inspired Pork Chops

with Lemony Roasted Potatoes and Feta Snap Peas

Smart Meal 30 Minutes

Customized Protein **+** Add **↻** Swap or **✖2** Double

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↻ Swap	↻ Swap
Pork Tenderloin 340g 680g	Tofu 1 2

Pork Chops, boneless 340g 680g	Garlic, cloves 1 2

Parsley 7g 7g	Red Potato 400g 800g

Lemon ½ 1	Sugar Snap Peas 227g 454g

Feta Cheese, crumbled ¼ cup ½ cup	Yogurt Sauce 3 tbsp 6 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

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

1



Roast potatoes

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

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and ½ **tbsp** (1 **tblsp**) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.

4



Cook sugar snap peas

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

2



Cook pork

🔄 Swap | **Pork Tenderloin**

🔄 Swap | **Tofu**

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

5



Finish potatoes

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

3



Prep

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

6



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.

Measurements
within steps

1 **tblsp** (2 **tblsp**) **oil**
2 person 4 person Ingredient

2 | Cook pork

🔄 Swap | **Pork Tenderloin**

If you've opted for **pork tenderloin**, heat a large non-stick pan over medium-high heat. When hot, add 1 **tblsp** **oil**, then **pork**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 **tblsp** oil per batch.) Sear, turning occasionally, until golden-brown, 4-5 min. Transfer to an unlined baking sheet. Roast in the **top** of the oven until cooked through, 14-16 min.**

2 | Cook 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 chops**. When the pan is hot, add 1 **tblsp** (2 **tblsp**) **oil**, then **tofu**. Pan fry until golden, 2-3 min per side. Transfer **tofu** to a plate. Cover to keep warm. No need to roast **tofu** after pan-frying. Plate **tofu** in the same way the recipe instructs you to plate the **pork chops**.



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