



Smart Pork Souvlaki-Style Salad

with Creamy Lemon Dressing

Carb Smart

Calorie Smart

30 Minutes



Pork Chops, boneless



Lemon



Orzo



Sweet Bell Pepper



Sour Cream



Mixed Olives



Chicken Breasts



Garlic Salt



Roma Tomato



Feta Cheese, crumbled



Dill-Garlic Spice Blend



Baby Spinach

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 DILL-GARLIC SPICE BLEND
Our blend of hearty herbs and zesty garlic!

Start here

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, zester, large bowl, parchment paper, small bowl, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts*	2	4
Lemon	1	1
Garlic Salt	1 tsp	2 tsp
Orzo	85 g	170 g
Roma Tomato	80 g	160 g
Sweet Bell Pepper	160 g	320 g
Feta Cheese, crumbled	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Dill-Garlic Spice Blend	1 tsp	2 tsp
Mixed Olives	30 g	60 g
Baby Spinach	56 g	113 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork to a minimum internal temperature of 71°C/160°F and poultry to a minimum internal temperature of 74°C/165°F, as size may vary.

† 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.

Contact

Call us | (855) 272-7002
HelloFresh.ca

    @HelloFreshCA



Prep

- Add **6 cups water** and **1 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Core, then cut **pepper** into ¼-inch pieces.
- Cut **tomato** into ¼-inch pieces.
- Drain, then cut or tear **olives** into bite-sized pieces.



Make creamy lemon dressing

- Meanwhile, add **lemon zest, sour cream** and **1 tbsp** (2 tbsp) **water** to a small bowl.
- Season with **remaining garlic salt** and **pepper**, then stir to combine.



Cook orzo

- Add **half the orzo** (use all for 4 ppl) to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min.
- Drain and return **orzo** to the same pot, off heat.
- Stir in **1 tsp** (2 tsp) **oil**.



Make salad

- Combine **lemon juice**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a large bowl.
- Add **orzo, spinach, tomatoes, peppers, feta** and **olives**.
- Season with **salt** and **pepper**, then toss to combine.



Cook pork

- Meanwhile, pat **pork** dry with paper towels.
- Add **pork, Dill-Garlic Spice Blend, half the garlic salt** and **2 tsp** (4 tsp) **oil** to a medium bowl. Season with **pepper**, then toss to coat.
- Arrange **pork** on a parchment-lined baking sheet. Spoon **any remaining marinade** in the bowl over **pork**.
- Roast in the **bottom** of the oven until golden-brown and cooked through, 14-16 min.**
- Transfer **pork** to a clean cutting board to rest for 2-3 min.

If you've opted to get **chicken breasts**, prepare, cook and serve them in the same way the recipe instructs you to prepare, cook and serve the **pork chops**.



Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates. Arrange **pork** over top.
- Dollop with **creamy lemon dressing**.

Dinner Solved!