

Smart Pork Souvlaki-Style Salad

with Creamy Lemon Dressing

Carb Smart

Calorie Smart

30 Minutes



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Pork Chops, boneless



Sweet Bell Pepper

Baby Spinach

Lemon









Tomato



Garlic, cloves







crumbled



Mixed Olives



Dill-Garlic Spice Blend



Start here

- Before starting, preheat the oven to 450°F.
- 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.
- 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
340 g	680 g
680 g	1360 g
85 g	170 g
1	2
1	2
56 g	113 g
2	4
1	1
⅓ cup	½ cup
3 tbsp	6 tbsp
30 g	60 g
1 tsp	2 tsp
½ tsp	1 tsp
	340 g 680 g 85 g 1 1 56 g 2 1 ½ cup 3 tbsp 30 g 1 tsp

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.



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Cook orzo

- Add **half the orzo** (use all for 4 ppl) to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and rinse with cold water, until cool to the touch.
- Return orzo to the same pot, off heat.
- Stir in **1 tsp** (2 tsp) **oil**.



Prep

- Meanwhile, zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining lemon into wedges.
- Peel, then mince or grate garlic.
- Core, then cut **peppers** into ¼-inch pieces.
- Cut tomato into 1/4-inch pieces.
- Drain, then cut or tear **olives** into bite-sized pieces.



Cook pork

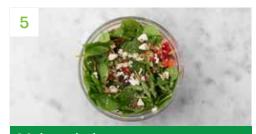
- Meanwhile, pat **pork** dry with paper towels.
- Add pork, Dill-Garlic Spice Blend, half the garlic and 2 tsp (4 tsp) oil to a medium bowl. Season with salt and pepper, then toss to coat.
- Arrange pork on a parchment-lined baking sheet.
- Roast in the **bottom** of the oven until golden-brown and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

If you've opted for **double pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of pork**. Work in batches, if necessary.



Make creamy lemon dressing

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



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.



Finish and serve

- Thinly slice pork.
- Divide **salad** between plates. Arrange **pork** over top.
- Dollop with creamy lemon dressing.
- Squeeze a lemon wedge over top, if desired.

Dinner Solved!