



Smart Pork Souvlaki-Style Salad

with Creamy Lemon Dressing

Carb Smart 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, boneless
- Orzo
- Sweet Bell Pepper
- Tomato
- Baby Spinach
- Garlic, cloves
- Lemon
- Feta Cheese, crumbled
- Sour Cream
- Mixed Olives
- Dill-Garlic Spice Blend

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

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 person) **(2 tbsp)** (4 person) **oil** (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
Double Pork Chops, boneless	680 g	1360 g
Orzo	85 g	170 g
Sweet Bell Pepper	1	2
Tomato	1	2
Baby Spinach	56 g	113 g
Garlic, cloves	2	4
Lemon	1	1
Feta Cheese, crumbled	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Mixed Olives	30 g	60 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Sugar*	½ tsp	1 tsp
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.



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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**.



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.



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 ¼-inch pieces.
- Drain, then cut or tear **olives** into bite-sized pieces.



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** 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.



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!