

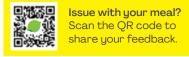
# Smart Pork Souvlaki-Style Salad

with Creamy Lemon Dressing

Calorie Smart

Carb Smart

30 Minutes







Pork Chops, boneless









Sweet Bell Pepper

Roma Tomato







**Baby Spinach** 

Garlic, cloves





Lemon

Feta Cheese, crumbled







Sour Cream

**Mixed Olives** 



Dill-Garlic Spice





## 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
Pork Chops, boneless	340 g	680 g
Orzo	85 g	170 g
Sweet Bell Pepper	160 g	320 g
Roma Tomato	95 g	180 g
Baby Spinach	56 g	113 g
Garlic, cloves	2	4
Lemon	1	1
Feta Cheese, crumbled	⅓ 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.





#### 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 1/4-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.



## 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**, 1/2 **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.

## **Dinner Solved!**