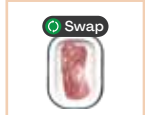




# Smart Souvlaki-Style Pork Salad with Creamy Lemon Dressing

Smart Meal

30 Minutes



Pork Tenderloin  
340 g | 680 g

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Pork Chops, boneless  
340 g | 680 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  
1/4 cup | 1/2 cup



Sour Cream  
3 tbsp | 6 tbsp



Mixed Olives  
30 g | 60 g



Dill-Garlic Spice Blend  
1 tsp | 2 tsp

**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, sugar

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

1



### Cook orzo

- 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.
- 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**.

2



### 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 **pepper** into ¼-inch pieces.
- Cut **tomato** into ¼-inch pieces.
- Drain, then cut or tear **olives** in half.

3



### Cook pork

🔄 Swap | **Pork Tenderloin**

- Meanwhile, pat **pork chops** 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.

4



### 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.

5



### 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.

6



### 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.

Measurements  
within steps

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

### 3 | Cook pork

🔄 Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, prepare and cook it in the same way the recipe instructs you to prepare and sear the **pork chops**, increasing the roast time to 14-18-min.\*\*

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



Issue with your meal? Scan the QR code to share your feedback.