



Cal Smart Lemon-Pepper Pork

with Fresh Salad

Calorie Smart

Spicy

30 Minutes



Pork Chops,
boneless



Lemon-Pepper
Seasoning



Baby Tomatoes



Mixed Olives



Red Onion



Baby Spinach



Red Wine Vinegar



Feta Cheese,
crumbled



Green Bell Pepper



Tzatziki

HELLO LEMON-PEPPER SEASONING

A peppery spice blend with zippy lemon and zesty garlic!

Start here

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

Bust out

Baking sheet, measuring spoons, aluminum foil, large bowl, parchment paper, small pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Lemon-Pepper Seasoning 🍋	1 tbsp	2 tbsp
Baby Tomatoes	113 g	227 g
Mixed Olives	30 g	60 g
Red Onion	56 g	113 g
Baby Spinach	56 g	113 g
Red Wine Vinegar	2 tbsp	4 tbsp
Feta Cheese, crumbled	½ cup	1 cup
Green Bell Pepper	200 g	400 g
Tzatziki	56 ml	113 ml
Sugar*	½ tbsp	1 tbsp
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.

Contact

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Prep

- Quarter **tomatoes**.
- Core, then cut **pepper** into ¼-inch pieces.
- Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).
- Drain, then roughly chop or tear **olives** into bite-sized pieces.



Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side.
- Transfer **pork** to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min. **
- Transfer **pork** to a plate. Cover loosely with foil and set aside to rest, 2-3 min.



Pickle onions

- Add **onions, vinegar, 2 tbsp water** and **½ tbsp sugar** (dbl both for 4 ppl) to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves and **onions** soften, 2-3 min.
- Remove the pot from heat. Transfer **onions, including pickling liquid**, to a large bowl. Place in the fridge to cool.



Make salad

- Meanwhile, remove the bowl with **pickled onions** from the fridge.
- Stir in **1 tbsp oil** (dbl for 4 ppl).
- Add **spinach, peppers, tomatoes, olives** and **half the feta**. Season with **salt** and **pepper**, then toss to combine.



Prep pork

- On a separate cutting board, pat **pork** dry with paper towels.
- Season with **salt** and **Lemon-Pepper Seasoning**.



Finish and serve

- Thinly slice **pork**.
- Divide **salad** and **pork** between plates.
- Top **pork** with **tzatziki**.
- Sprinkle **remaining feta** over top.

Dinner Solved!