

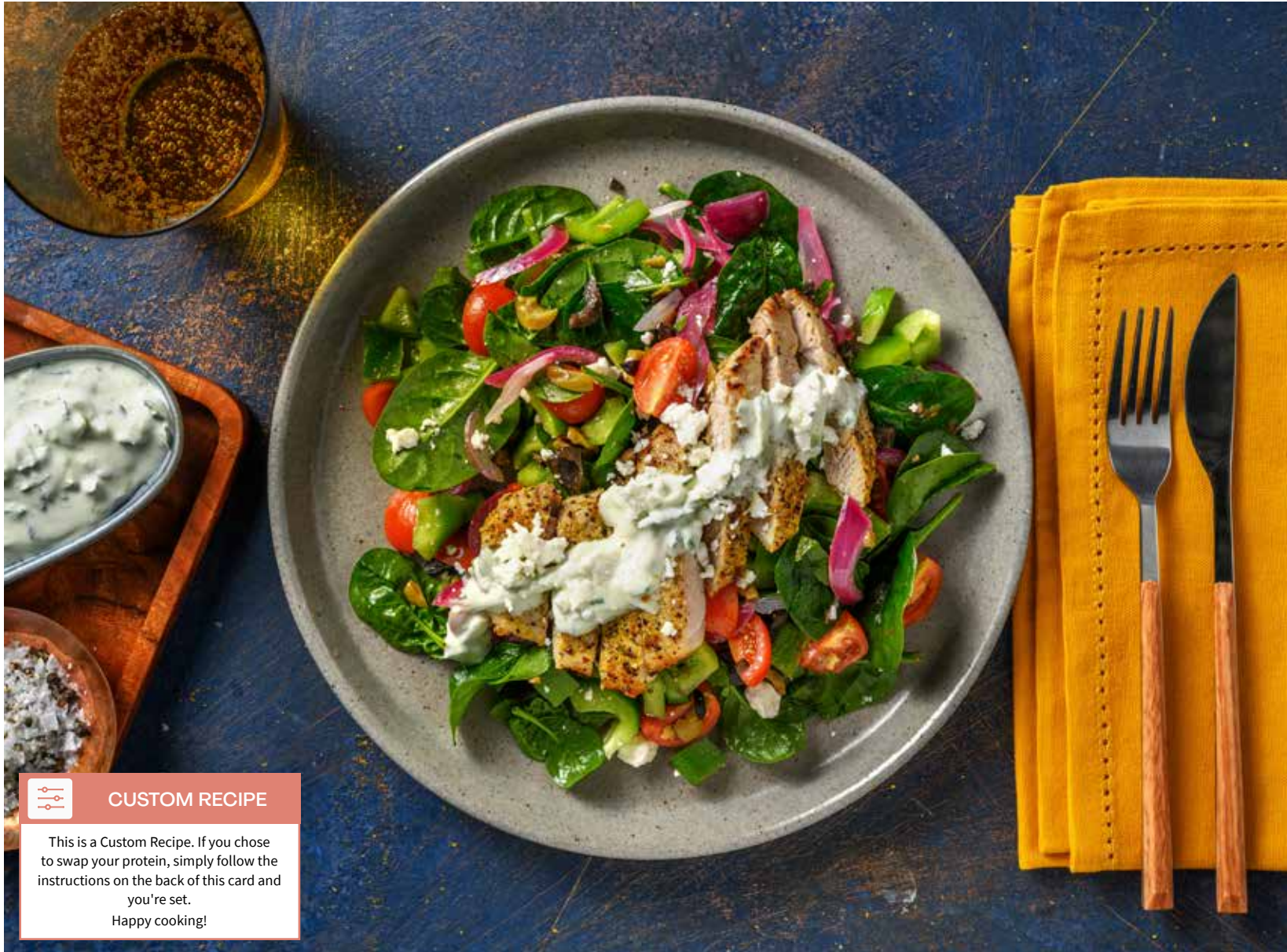


# Cal Smart Lemon-Pepper Pork with Fresh Salad

Calorie Smart

Spicy

30 Minutes



Pork Chops,  
boneless



Pork Tenderloin



Lemon-Pepper  
Seasoning



Baby Tomatoes



Mixed Olives



Red Onion



Baby Spinach



Red Wine Vinegar



Feta Cheese,  
crumbled



Green Bell Pepper



Tzatziki



## CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

### 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
Pork Tenderloin	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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## 1 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.



## 4 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, then 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.



## 2 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.



## 5 Make salad

While **pork** roasts, 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.



## 3 Prep pork

Pat **pork** dry with paper towels. Season with **salt** and **Lemon-Pepper Seasoning**.



## CUSTOM RECIPE

If you've opted to get **pork tenderloin**, season it the same way the recipe instructs you to season the **pork chops**. To cook the **tenderloin**, sear for 1-2 min per side, then roast until cooked through, 12-16 min.\*\*



## 6 Finish and serve

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

## Dinner Solved!