








Cal Smart Pork Souvlaki-Style Salad with Creamy Lemon Dressing

Calorie Smart 30 Minutes



-  Pork Chops, boneless
-  Lemon
-  Oregano
-  Garlic Salt
-  Orzo
-  Arugula and Spinach Mix
-  Roma Tomato
-  Mini Cucumber
-  Feta Cheese, crumbled
-  Greek Yogurt
-  Italian Seasoning
-  Mixed Olives

HELLO OREGANO

This punchy, earthy herb is part of the mint family!

Start here

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

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
Lemon	1	2
Oregano	7 g	7 g
Garlic Salt	1 tsp	2 tsp
Orzo	85 g	170 g
Arugula and Spinach Mix	56 g	113 g
Roma Tomato	160 g	320 g
Mini Cucumber	132 g	264 g
Feta Cheese, crumbled	¼ cup	½ cup
Greek Yogurt	100 ml	200 ml
Italian Seasoning	1 tbsp	2 tbsp
Mixed Olives	30 g	60 g
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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Prep

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. While **water** comes to a boil, zest, then juice **lemon**. Strip **oregano leaves** from stems, then roughly chop. Halve **cucumbers** lengthwise, then cut into ¼-inch half-moons. Cut **tomatoes** into ¼-inch pieces. Drain, then cut or tear **olives**.



Make lemon dressing

While **pork** roasts, add **lemon zest, yogurt** and **3 tbsp water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Cook orzo

Add **half the orzo** (all for 4 ppl) to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min. Drain and return **orzo** to the same pot, off heat. Stir in **half the oregano** and **1 tsp oil** (dbl for 4 ppl).



Make salad

Combine **lemon juice** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **orzo, arugula and spinach mix, tomatoes, cucumbers, feta** and **olives**. Season with **salt** and **pepper**, then toss to coat.



Cook pork

Pat **pork** dry with paper towels. Add **pork, remaining oregano, garlic salt, Italian Seasoning** and **2 tsp oil** (dbl for 4 ppl) to a medium bowl. Season with **pepper**, then toss to coat. Arrange **pork** on a parchment-lined baking sheet. Spread **remaining marinade** in the bowl over **pork**. 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.



Finish and serve

Thinly slice **pork**. Divide **salad** between plates. Place sliced **pork** over **salad**. Drizzle **lemon dressing** over top.

Dinner Solved!