



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



Zucchini



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	1
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
Zucchini	200 g	400 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
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.

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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 **half the lemon** (whole lemon for 4 ppl). Strip **oregano leaves** from stems, then roughly chop. Halve **zucchini** lengthwise, then cut into ¼-inch half-moons. Cut **tomatoes** into ¼-inch pieces. Drain, then cut or tear **olives** into bite-sized pieces.



Make creamy lemon dressing

While **pork** roasts, add **lemon zest**, **yogurt** and **3 tbsp water** (dbl for 4 ppl) to a small bowl. Season with **remaining garlic 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**, **½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **orzo**, **arugula and spinach mix**, **tomatoes**, **zucchini**, **feta** and **olives**. Season with **salt** and **pepper**, then toss to combine.



Cook pork

While **orzo** cooks, pat **pork** dry with paper towels. Add **pork**, **remaining oregano**, **Italian Seasoning**, **half the garlic salt** 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. Spoon any **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. Arrange **pork** over top. Drizzle with **creamy lemon dressing**.

Dinner Solved!