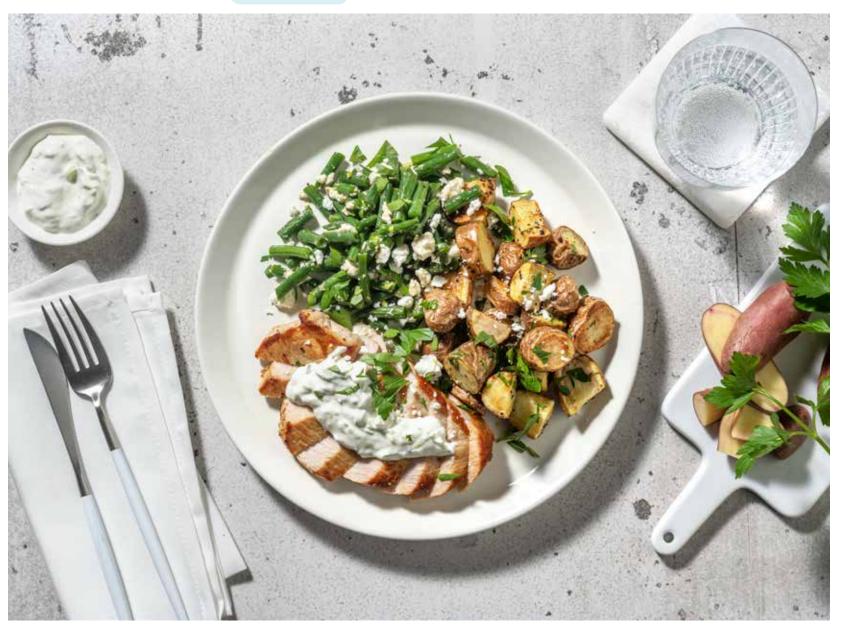


Calorie Smart Greek-Inspired Pork Chops

with Lemony Roasted Potatoes and Feta Green Beans

Calorie Smart

30 Minutes











Red Potato





Lemon



Feta Cheese, crumbled



Tzatziki

Green Beans

Start here

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

Bust out

2 Baking sheets, measuring spoons, zester, large nonstick pan, paper towels, large bowl

Ingredients

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	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Garlic Salt	½ tsp	1 tsp
Parsley	7 g	14 g
Red Potato	360 g	720 g
Lemon	1/2	1
Green Beans	170 g	340 g
Feta Cheese, crumbled	⅓ cup	½ cup
Tzatziki	56 ml	112 ml
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.



Cook potatoes

- Cut potatoes into 1-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with 1/4 **tsp garlic salt** (dbl for 4 ppl) and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and goldenbrown, 25-28 min.



Cook pork

- Meanwhile, pat pork dry with paper towels.
 Season all over with ¼ tsp garlic salt (dbl for 4 ppl) and pepper.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **1 tbsp oil**, then **pork**. (NOTE: Don't overcrowd the pan; cook pork in 2 batches for 4 ppl, using 1 tbsp oil per batch.) Pan-fry until golden, 2-3 min per side.
- Remove the pan from heat, then transfer pork to another unlined baking sheet. Roast pork in the bottom of the oven until cooked through, 8-11 min.**



Prep

- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Roughly chop parsley.



Cook green beans

- Heat the same pan (from step 2) over medium.
- When hot, add green beans and 3
 tbsp water (dbl for 4 ppl). Cook, stirring
 occasionally, until green beans are tendercrisp and water has evaporated, 4-5 min.
- Season with **salt** and **pepper**.
- Remove from heat, then stir in lemon zest and half the feta.



Finish potatoes

• Once **potatoes** are tender, remove from the oven, then add ½ **tbsp lemon juice** (dbl for 4 ppl) and **half the parsley** to the baking sheet. Toss gently to coat **potatoes**.



Finish and serve

- Thinly slice pork.
- Divide **pork**, **potatoes** and **feta green beans** between plates.
- Dollop tzatziki over pork.
- Sprinkle **remaining feta** and **remaining parsley** over everything.

Dinner Solved!



