



Calorie Smart Greek-Inspired Pork Chops

with Lemony Roasted Potatoes and Feta Green Beans

Calorie Smart

30 Minutes



Pork Chops, boneless



Garlic Salt



Parsley



Red Potato



Lemon



Green Beans



Feta Cheese, crumbled



Tzatziki

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

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

Bust out

2 Baking sheets, measuring spoons, zester, large non-stick pan, paper towels, large bowl

Ingredients

	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	½	1
Green Beans	170 g	340 g
Feta Cheese, crumbled	¼ 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.

Contact

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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 **¼ 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 golden-brown, 25-28 min.



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 tender-crisp and **water** has evaporated, 4-5 min.
- Season with **salt** and **pepper**.
- Remove from heat, then stir in **lemon zest** and **half the feta**.



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 medium-high 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.**



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**.



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**.



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!