



Calorie Smart Greek-Inspired Pork Chops

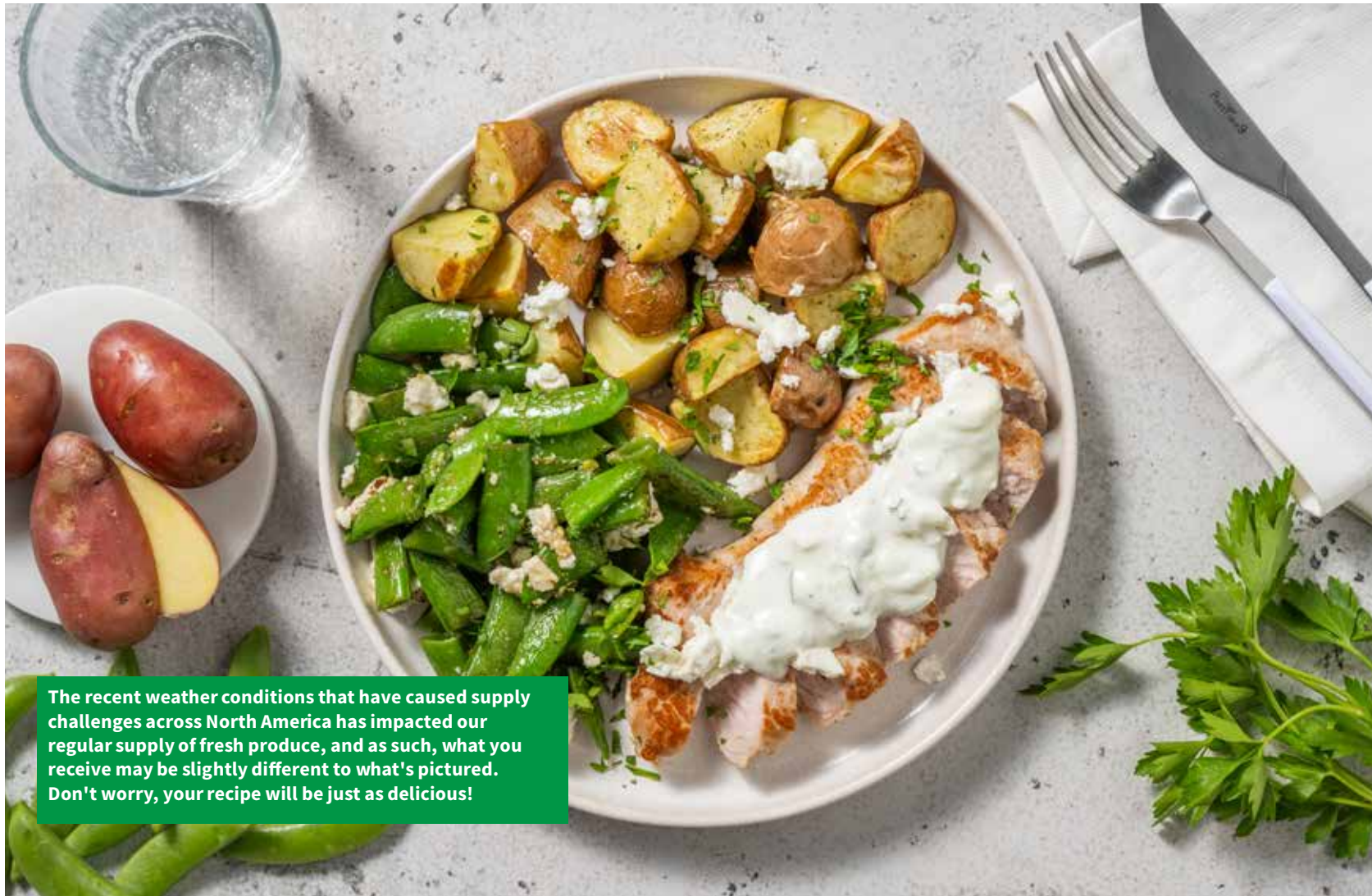
with Lemony Roasted Potatoes and Feta Snap Peas

Smart Meal

30 Minutes

Customized Protein + Add ↻ Swap or ×2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

↻ Swap	↻ Swap
Pork Tenderloin 340 g 680 g	Tofu 1 2

Pork Chops, boneless 340 g 680 g	Garlic, cloves 1 2

Parsley 7 g 7 g	Red Potato 400 g 800 g

Lemon ½ 1	Sugar Snap Peas 227 g 454 g

Feta Cheese, crumbled ¼ cup ½ cup	Yogurt Sauce 3 tbsp 6 tbsp

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.*

1



Roast potatoes

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

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and ½ **tbsp** (1 **tblsp**) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.

4



Cook sugar snap peas

- Heat the same pan (from step 2) over medium.
- When the pan is hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **snap peas**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **garlic**. Cook, stirring constantly, until fragrant, 1 min.
- Season with **salt** and **pepper**.
- Remove from heat, then stir in **lemon zest** and **half the feta**.

2



Cook pork

🔄 Swap | **Pork Tenderloin**

🔄 Swap | **Tofu**

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

5



Finish potatoes

- Once **potatoes** are tender, remove from the oven, then add ½ **tblsp** (1 **tblsp**) **lemon juice** and **half the parsley** to the baking sheet.
- Toss gently to coat **potatoes**.

3



Prep

🔄 Sub | **Broccoli**

- Meanwhile, trim, then halve **snap peas**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.

6



Finish and serve

- Thinly slice **pork**.
- Divide **pork**, **potatoes** and **snap peas** between plates.
- Dollop **yogurt sauce** over **pork**.
- Sprinkle **remaining feta** and **remaining parsley** over everything.

Measurements
within steps

1 **tblsp** (2 **tblsp**) **oil**
2 person 4 person Ingredient

2 | Cook pork

🔄 Swap | **Pork Tenderloin**

If you've opted for **pork tenderloin**, heat a large non-stick pan over medium-high heat. When hot, add 1 **tblsp** **oil**, then **pork**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 **tblsp** oil per batch.) Sear, turning occasionally, until golden-brown, 4-5 min. Transfer to an unlined baking sheet. Roast in the **top** of the oven until cooked through, 14-16 min.**

2 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square **tofu** steaks per block.) Season **tofu** in the same way the recipe instructs you to season the **pork chops**. When the pan is hot, add 1 **tblsp** (2 **tblsp**) **oil**, then **tofu**. Pan fry until golden, 2-3 min per side. Transfer **tofu** to a plate. Cover to keep warm. No need to roast **tofu** after pan-frying. Plate **tofu** in the same way the recipe instructs you to plate the **pork chops**.

3 | Prep

🔄 Sub | **Broccoli**

If you've received **broccoli**, cut into bite-sized pieces. Continue to follow the recipe as instructed, subbing **broccoli** in for **snap peas**. Then, increase pan-fry cook time to 5-6 min to ensure a tender-crisp bite.



Issue with your meal? Scan the QR code to share your feedback.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.