



# Smart Pork Souvlaki-Style Salad

with Creamy Lemon Dressing

Carb Smart

Calorie Smart

30 Minutes



Pork Chops, boneless



Lemon



Garlic Salt



Orzo



Roma Tomato



Sweet Bell Pepper



Feta Cheese, crumbled



Greek Yogurt



Dill-Garlic Spice Blend



Mixed Olives



Spring Mix



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HELLO DILL-GARLIC SPICE BLEND  
Our blend of hearty herbs and zesty garlic!

## 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
Garlic Salt	1 tsp	2 tsp
Orzo	85 g	170 g
Roma Tomato	160 g	320 g
Sweet Bell Pepper	160 g	320 g
Feta Cheese, crumbled	¼ cup	½ cup
Greek Yogurt	100 ml	200 ml
Dill-Garlic Spice Blend	2 tsp	4 tsp
Mixed Olives	30 g	60 g
Spring Mix	56 g	113 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.*

## Contact

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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.
- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Core, then cut **peppers** into ¼-inch pieces.
- Cut **tomatoes** into ¼-inch pieces.
- Drain, then cut or tear **olives** into bite-sized pieces.



## Make creamy lemon dressing

- Meanwhile, 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** (use 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 **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**, **spring mix**, **tomatoes**, **peppers**, **feta** and **olives**.
- Season with **salt** and **pepper**, then toss to combine.



## Cook pork

- Meanwhile, pat **pork** dry with paper towels.
- Add **pork**, **Dill-Garlic Spice Blend**, **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 for 2-3 min.



## Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates. Arrange **pork** over top.
- Dollop with **creamy lemon dressing**.

## Dinner Solved!