

# Smart Pork Souvlaki-Style Salad

with Creamy Lemon Dressing

Carb Smart

Calorie Smart

30 Minutes









Garlic Salt



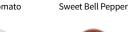








Roma Tomato





Feta Cheese,



crumbled



Dill-Garlic Spice





Spring Mix



**Greek Yogurt** 

**Mixed Olives** 

# 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

# Ingradients

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	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	⅓ 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.



## 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 1/4-inch pieces.
- Cut tomatoes into ¼-inch pieces.
- Drain, then cut or tear olives into bite-sized pieces.



#### 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).



# 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.



# 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.



## 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.



#### Finish and serve

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

**Dinner Solved!** 

#### Contact