



# Smart Pork Souvlaki-Style Salad

with Creamy Lemon Dressing

Calorie Smart

Carb Smart

30 Minutes



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Pork Chops,  
boneless



Orzo



Sweet Bell Pepper



Roma Tomato



Baby Spinach



Garlic, cloves



Lemon



Feta Cheese,  
crumbled



Sour Cream



Mixed Olives



Dill-Garlic Spice  
Blend

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

## Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## 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
Orzo	85 g	170 g
Sweet Bell Pepper	160 g	320 g
Roma Tomato	95 g	180 g
Baby Spinach	56 g	113 g
Garlic, cloves	2	4
Lemon	1	1
Feta Cheese, crumbled	¼ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Mixed Olives	30 g	60 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
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.



1

### Cook orzo

- Add **half the orzo** (use all for 4 ppl) to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and rinse with cold water, until cool to the touch. Return **orzo** to the same pot, off heat.
- Stir in **1 tsp** (2 tsp) **oil**.



2

### Prep

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.
- Core, then cut **peppers** into ¼-inch pieces.
- Cut **tomato** into ¼-inch pieces.
- Drain, then cut or tear **olives** into bite-sized pieces.



3

### Cook pork

- Meanwhile, pat **pork** dry with paper towels.
- Add **pork**, **Dill-Garlic Spice Blend**, **half the garlic** and **2 tsp** (4 tsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- Arrange **pork** on a parchment-lined baking sheet.
- 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, 2-3 min.



4

### Make creamy lemon dressing

- Meanwhile, add **lemon zest**, **sour cream**, **remaining garlic** and **1 tbsp** (2 tbsp) **water** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



5

### Make salad

- Combine **lemon juice**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a large bowl.
- Add **orzo**, **spinach**, **tomatoes**, **peppers**, **feta** and **olives**.
- Season with **salt** and **pepper**, then toss to combine.



6

### Finish and serve

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

## Dinner Solved!



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