



Souvlaki-Inspired Pork Bowls

with Yogurt Sauce

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](https://www.hellofresh.ca)

Swap



Pork Tenderloin
340 g | 680 g

Swap



Tofu
1 | 2



Pork Chops, boneless
340 g | 680 g



Parboiled Rice
¾ cup | 1 ½ cups



Sweet Bell Pepper
1 | 2



Red Onion
1 | 2



Greek Pesto
¼ cup | ½ cup



Yogurt Sauce
3 tbsp | 6 tbsp



Chicken Stock Powder
1 tbsp | 2 tbsp



Feta Cheese, crumbled
¼ cup | ½ cup



Mediterranean Spice Blend
1 tbsp | 2 tbsp



Lemon
1 | 1

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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Baking sheet, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

1



Cook rice

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **stock powder** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 16-18 min.
- Remove from heat. Set aside, still covered.

2



Prep and start veggies

Swap | **Pork Tenderloin**

- Meanwhile, core, then cut **pepper** into 1-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- Zest **half the lemon** (whole lemon for 4 ppl), then cut into wedges.
- Add **peppers, onions** and **half the pesto** to an unlined baking sheet.
- Season with **salt** and **pepper**, then toss to combine. Arrange in a single layer.
- Roast in the **middle** of the oven, 5 min. (**NOTE:** Veggies will continue to roast in step 4.)

3



Sear pork

Swap | **Pork Tenderloin**

Swap | **Tofu**

- Meanwhile, heat a large non-stick pan over medium-high heat.
- Pat **pork** dry with paper towels. Season with **salt, pepper** and **Mediterranean Spice Blend**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**.
- Pan-fry until golden, 2-3 min per side. Remove from heat. (**NOTE:** Pork will finish cooking in next step.)

4



Finish pork and veggies

- When **veggies** have roasted for 5 min, carefully remove baking sheet from the oven.
- Move **veggies** towards the edges of the sheet.
- Transfer **pork** to the centre of the baking sheet. Spread **remaining pesto** over top.
- Continue to roast in the **middle** of the oven until **veggies** are tender and **pork** is cooked through, 7-9 min.**

5



Season yogurt sauce

- Meanwhile, add **yogurt sauce** and **half the lemon zest** to a small bowl.
- Season with **salt** and **pepper**, to taste, then stir to combine.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **remaining lemon zest**.
- Divide **rice** between bowls.
- Thinly slice **pork**.
- Top **rice** with **pork, veggies** and **any remaining juices** from baking sheet.
- Sprinkle **feta** over top.
- Squeeze a **lemon wedge** over top, if desired.
- Serve **yogurt sauce** alongside.

Measurements
within steps

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

2 | Prep and start veggies

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, there's no need to roast **veggies** ahead of **pork**. Season **veggies** and set aside until step 4.

3 | Sear pork tenderloin

Swap | **Pork Tenderloin**

Prepare, sear and plate **pork tenderloin** in the same way the recipe instructs you to prepare, sear and plate the **pork chops**, increasing total sear time to 6-8 min. When roasting **veggies** and **pork**, increase roasting time to 14-18-min.**

3 | Sear tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season with **salt, pepper** and **Mediterranean Spice Blend**.

When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan-fry until golden, 2-3 min per side. Transfer to a plate. Spread **remaining pesto** over top. Cover to keep warm. No need to bake **tofu** after pan-frying. Plate in the same way the recipe instructs you to plate the **pork chops**.



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.