



Smart Souvlaki-Style Pork Salad

with Creamy Lemon Dressing

Smart Meal

30 Minutes

Customized Protein

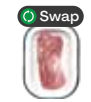
+ Add

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)



Pork Tenderloin
340 g | 680 g



Tofu
1 | 2



Pork Chops, boneless
340 g | 680 g



Orzo
85 g | 170 g



Sweet Bell Pepper
1 | 2



Tomato
1 | 2



Baby Spinach
56 g | 113 g



Garlic, cloves
2 | 4



Lemon
1 | 1



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Sour Cream
3 tbsp | 6 tbsp



Mixed Olives
30 g | 60 g



Dill-Garlic Spice Blend
1 tsp | 2 tsp

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 | Oil, salt, pepper, sugar

Cooking utensils | Baking sheet, medium bowl, measuring spoons, strainer, zester, large bowl, parchment paper, small bowl, large pot, paper towels

1



Cook orzo

- 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.
- 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 **pepper** into ¼-inch pieces.
- Cut **tomato** into ¼-inch pieces.
- Drain, then cut or tear **olives** in half.

3



Cook pork

- Swap | **Pork Tenderloin**
- Swap | **Tofu**
- 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**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

3 | Cook pork

Swap | **Pork Tenderloin**

If you've opted to get **pork tenderloin**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **pork chops**. Increase roast time to 24-28 min.**

3 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Then, prepare cook, and plate it the same way the recipe instructs you to prepare, cook and plate the **pork chops**, until **tofu** is golden-brown.



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.