



# Smart Lemon-Pepper Pork with Fresh Salad

Calorie Smart

Carb Smart

30 Minutes



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Pork Chops,  
boneless



Chicken Breasts



Green Bell Pepper



Roma Tomato



Red Onion



Baby Spinach



Feta Cheese,  
crumbled



Yogurt Sauce



Mixed Olives



Red Wine Vinegar



Lemon-Pepper  
Seasoning

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### HELLO LEMON-PEPPER SEASONING

*A peppery spice blend with zippy lemon and zesty garlic!*

## Start here

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

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

## Bust out

Baking sheet, measuring spoons, aluminum foil, large bowl, parchment paper, small pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts*	2	4
Green Bell Pepper	200 g	400 g
Roma Tomato	190 g	380 g
Red Onion	56 g	113 g
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	¼ cup	½ cup
Yogurt Sauce	45 ml	90 ml
Mixed Olives	30 g	60 g
Red Wine Vinegar	2 tbsp	4 tbsp
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Sugar*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook pork to a minimum internal temperature of 71°C/160°F and poultry to a minimum temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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.



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### Prep

- Cut **tomatoes** into ½-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).
- Drain, then roughly chop or tear **olives** into bite-sized pieces.



### Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Pan-fry until golden, 2-3 min per side.
- Transfer **pork** to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 10-12 min.\*\*
- Transfer to a plate. Cover loosely with foil and set aside to rest for 2-3 min.



### Pickle onions

- Add **onions, vinegar, 2 tbsp** (4 tbsp) **water** and **½ tbsp** (1 tbsp) **sugar** to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Simmer, stirring often, until **sugar** dissolves and **onions** soften, 2-3 min.
- Remove from heat. Transfer **onions**, including **pickling liquid**, to a large bowl. Place in the fridge to cool.



### Make salad

- Meanwhile, remove the bowl with **pickled onions** from the fridge.
- Stir in **1 tbsp** (2 tbsp) **oil**.
- Add **spinach, peppers, tomatoes, olives** and **half the feta**. Season with **salt** and **pepper**, then toss to combine.



### Prep pork

- On a separate cutting board, pat **pork** dry with paper towels.
- Season with **salt** and **Lemon-Pepper Seasoning**.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **pork chops**\*\*



### Finish and serve

- Thinly slice **pork**.
- Divide **salad** and **pork** between plates.
- Top **pork** with **yogurt sauce**.
- Sprinkle **remaining feta** over top.

## Dinner Solved!