



# Cal Smart Lemon-Pepper Pork

with Fresh Salad

Calorie Smart

Spicy

30 Minutes



Pork Chops, boneless



Chicken Breasts



Lemon-Pepper Seasoning



Baby Tomatoes



Mixed Olives



Red Onion



Baby Spinach



Red Wine Vinegar



Feta Cheese, crumbled



Green Bell Pepper



Tzatziki

**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.

## 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
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Baby Tomatoes	113 g	227 g
Mixed Olives	30 g	60 g
Red Onion	56 g	113 g
Baby Spinach	56 g	113 g
Red Wine Vinegar	2 tbsp	4 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Green Bell Pepper	200 g	400 g
Tzatziki	56 ml	113 ml
Sugar*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook pork to a minimum internal temperature of 71°C/160°F and chicken to a minimum internal 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.*

## Contact

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## Prep

- Quarter **tomatoes**.
- 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 oil** (dbl for 4 ppl), 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 **pork** to a plate. Cover loosely with foil and set aside to rest for 2-3 min.



## Pickle onions

- Add **onions, vinegar, 2 tbsp water** and **½ tsp sugar** (dbl both for 4 ppl) to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves and **onions** soften, 2-3 min.
- Remove the pot 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 oil** (dbl for 4 ppl).
- 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 **tzatziki**.
- Sprinkle **remaining feta** over top.

## Dinner Solved!