



Product Spotlight: Zucchini

Zucchini is a fruit, although most times prepared and cooked as a vegetable. It is attached to an edible yellow flower.



Greek Pork

with Traybake Veggies and Garlic Bread

Tender lemon and oregano pork steaks with a smoky vegetable tray bake, finished with crumbled feta cheese and served with crunchy garlic ciabatta bread.



25 minutes



2 servings



Pork

16 June 2023

Make it crunchy!

You can tear the bread into croutons instead! Toss the bread pieces with garlic oil and place on top of the tray bake for the last 5 minutes to crisp up.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 55g | 54g | 72g |

FROM YOUR BOX

| | |
|---------------------|----------|
| TOMATO | 1 |
| ZUCCHINI | 1 |
| YELLOW CAPSICUM | 1 |
| LEMON | 1 |
| GARLIC CLOVE | 1 |
| PORK STEAKS | 300g |
| CIABATTA BREAD LOAF | 1 |
| FETA CHEESE | 1 packet |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, smoked paprika

KEY UTENSILS

oven tray, frypan

NOTES

If you don't have a brush, pour the garlic oil into a shallow bowl and place the bread slices into the bowl, turning to coat.

No gluten option – ciabatta bread is replaced with GF bread.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice tomato, zucchini and capsicum. Toss with **1 tbsp paprika, oil, salt and pepper** on a lined oven tray. Zest lemon (set aside) and squeeze juice from 1/2 lemon over vegetables. Roast for 20 minutes or until cooked through.



4. TOAST THE GARLIC BREAD

Meanwhile, slice bread and brush with prepared garlic oil (see notes). Toast in oven for 5 minutes until crunchy.



2. PREPARE THE GARLIC OIL

Combine **3 tbsp olive oil** with crushed garlic clove and **2 tsp oregano**. Set aside.



3. COOK THE PORK

Heat a frypan over medium-high heat. Coat pork with lemon zest, **1 tsp oregano, oil, salt and pepper**. Cook for 4-5 minutes each side or until cooked through.



5. FINISH AND SERVE

Crumble feta cheese (use to taste) over roast vegetables. Serve with pork steaks, garlic bread and lemon wedges.



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