



### 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

## 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: | <b>PROTEIN</b> | <b>TOTAL FAT</b> | <b>CARBOHYDRATES</b> |
|            | 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** (wedge remaining) 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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