

**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.



30 minutes



4/6 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	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	43g/47g	23g/19g	26g/34g

FROM YOUR BOX

	4 PERSON	6 PERSON
LEMON	1	2
TOMATOES	3	4
ZUCCHINI	1	2
YELLOW CAPSICUM	1	2
GARLIC CLOVE	1	2
PORK STEAKS	600g	600g + 300g
CIABATTA BREAD LOAF	1	2
FETA CHEESE	1 packet	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.



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1. ROAST THE VEGETABLES

Set oven to 220°C and **zest lemon** (set aside).

Dice **tomato**, **zucchini** and **capsicum**. Toss with **1 tbsp smoked paprika**, **oil**, **salt and pepper** on a lined oven tray. Squeeze over **juice from 1/2 lemon** (wedge remaining) and roast for 20 minutes or until cooked through.

6P – use **juice from 1 lemon**.



2. PREPARE THE GARLIC OIL

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

6P – combine **4-5 tbsp olive oil** with **crushed garlic** and **3 tsp oregano**.



3. COOK THE PORK

Heat a frypan over medium-high heat. Coat **pork** with **reserved lemon zest**, **1-2 tsp oregano**, **oil**, **salt and pepper**. Cook for 4-5 minutes each side 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.



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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