



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



4 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
	47g	40g	40g

FROM YOUR BOX

TOMATOES	3
ZUCCHINI	1
YELLOW CAPSICUM	1
LEMON	1
GARLIC CLOVE	1
PORK STEAKS	600g
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, large 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 **tomatoes**, **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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