

Thai Curry Pork with Butternut

Plymouth Canton Ed. Park



Ingredients

- 1 lb. butternut squash
- 3 Tbsp. Vegetable oil
- 1 lb. pork tenderloin, trimmed and sliced thin
- 1 medium onion sliced.
- 1 Tbsp. Thai red curry paste
- ¼ cup water (saved from cooking squash)
- 1 Tbsp. beet sugar
- 1 Tbsp. soy sauce
- 1 tsp lime juice
- Cilantro, chopped

Rice or noodles

Directions

Wash and peel squash, cut into about ½ inch cubes. Cook them in a pot with water at medium temperature 10-12 min. Drain and retain ¼ cup of water. Heat 2 Tbsp. of oil in a large sauté pan over high heat, add pork and onion, stir fry until brown. Remove from pan. add 1 Tbsp. of oil and curry paste to pan and heat, add ¼ cup saved water, the sugar and soy sauce. Add pork and onions back into pan and cook over medium heat until sauce thickens and pork is cooked through. Garnish with cilantro and serve over rice or noodles

Nutritional Information

Calories per serving	344
Total Fat	15g
Saturated Fat	3g
Cholesterol	57mg
Sodium	189mg
Total Carbohydrates	32g
Dietary Fibe	6g
Protein	23g

Servings 4