



### SLOW COOKER RED CURRY PORK

Looking for a simple slow cooker curry recipe? This slow cooker red curry pork is just the ticket. There are so many reasons to love slow cooked pork. It's tender, flavourful, and, with the help of a slow cooker, nearly impossible to mess up.

-  15 minutes
-  6 hours and 15 minutes
-  6 portions

## INGREDIENTS

- 1 tablespoon of olive oil
- 2kg of pork shoulder, boneless [lean meat], cut into pieces
- 1 onion, chopped
- 4 tablespoons of red curry paste [gluten free if required]
- 1 can of coconut milk [400ml]
- 2 teaspoons of fish sauce [gluten free if required]
- 600 grams of butternut squash, cut into pieces
- 150 grams of green beans, halved
- fresh coriander leaves, to garnish
- lime wedges, to garnish

## COOKING METHOD

- 1° Heat the olive oil in a large pan over a medium heat. Add the diced pork and cook for around 5 minutes until the meat has browned.
- 2° Place the pork, onion, red curry paste, coconut milk, fish sauce and butternut squash into the slow cooker. Cover with the lid and cook on low for 6 hours or on high for 4 hours. Add the green beans to the pot in the final 30 minutes of cooking.
- 3° Serve the pork alongside a portion of rice, [or cauliflower rice if on a low carb diet], and garnished with coriander and lime wedges [not included in nutritional information].

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (576 g)	% DRI
ENERGY	90 kcal	521 kcal	26 %
PROTEIN	13 g	72 g	144 %
CARBOHYDRATE	3 g	17 g	6 %
SUGARS	2 g	11 g	12 %
FAT	3 g	19 g	27 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	25 %
FIBER	0 g	3 g	10 %
SODIUM	117 mg	677 mg	28 %