

## SLOW COOKER RED CURRY PORK



There are so many reasons to love slow cooked pork. It's tender, juicy and flavourful also it is easy to make with the help of a slow cooker. The recipe is intended for 15 servings, so it is great for meal prep, freeze and use when needed. Serve the pork alongside a portion of rice, (or cauliflower rice or a mix), and garnished with coriander and lime wedges (not included in nutritional information).

-  15 minutes
-  6 hours and 15 minutes
-  15 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.
- 3° Add the green beans to the pot in the final 20 minutes of cooking.
- 4° Serve the pork alongside a portion of rice, (or cauliflower rice), and garnished with coriander and lime wedges (not included in nutritional information).

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (231 g)	% DRI
ENERGY	90 kcal	209 kcal	10 %
FAT	3 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	37 mg	85 mg	28 %
SODIUM	117 mg	271 mg	11 %
CARBOHYDRATE	3 g	7 g	2 %
SUGARS	2 g	4 g	—
FIBER	0 g	1 g	4 %
PROTEIN	13 g	29 g	—