

Pork with Sweet-and-Sour Squash



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine

Level: Easy

Total: 35 min

Active: 35 min

Yield: 4 servings

Ingredients:

5 cups 1-inch cubes peeled butternut squash (about 1 1/4 pounds)
1/4 cup extra-virgin olive oil
Kosher salt and freshly ground pepper
3 stalks celery
1 red onion
4 6-ounce pork scallopini, pounded to 1/4 inch thick if necessary
2 tablespoons chopped fresh thyme
3 cloves garlic, sliced
2 tablespoons capers, drained and rinsed
1/4 cup red wine vinegar
3 tablespoons sugar
2 tablespoons chopped fresh basil

Directions:

- 1** Put a baking sheet in the oven and preheat to 450 degrees F. Toss the squash with 1 tablespoon olive oil, 1/2 teaspoon salt and a few grinds of pepper and spread in a single layer on the hot baking sheet. Roast until the squash is tender and browned on the bottom, about 20 minutes.
- 2** Meanwhile, chop the celery and red onion and set aside. Heat 1 tablespoon olive oil in a large nonstick skillet over high heat. Season the pork with salt, pepper and 1 tablespoon thyme. Add
- 3** 2 pork scallopini to the skillet and cook, turning once, until browned and just cooked through, about 3 minutes. Remove to a plate and cover to keep warm. Add 1 more tablespoon oil to the skillet and repeat with the remaining pork.
- 4** Add the remaining 1 tablespoon oil, the celery, red onion and 1/4 teaspoon salt to the skillet. Cook, stirring, until crisp-tender, about 3 minutes. Add the garlic, capers and remaining 1 tablespoon thyme and cook, stirring, until the garlic is golden, about 3 minutes. Add the squash, vinegar, sugar and 1/4 cup water and cook until the liquid is almost absorbed, 1 to 2 minutes. Season with salt and pepper and stir in the basil. Divide the pork and vegetables among plates.



Photograph by Ryan Dausch