



PORK CUTLETS W/ RUTABAGAS & GREEN PEPPERS IN COCONUT MILK

Ingredients (serves two)

- 1/2 lb tenderized pork loin cutlets
- 1 rutabaga, peeled and cut into 1- to 1.5-inch chunks
- 1/2 small yellow onion, sliced
- 1 clove garlic, peeled and chopped
- 1/2 cup coconut milk
- 1/2 green bell pepper, sliced
- 1/8 tsp ground turmeric
- sea salt
- fresh ground pepper
- canola oil
- coconut oil

Preparation

1. In boiling water with a pinch of salt, cook the chunks of rutabaga until tender; about 25 to 30 minutes in medium heat. Strain and set aside.
2. Heat a large frying pan, with about 1/2-tablespoon canola oil, in medium-to-high heat. Once the oil is hot, cook each side of the pork cutlet till golden brown (not burnt), about 3 to 4 minutes each side.
3. Lower the heat to medium and add 1/2-teaspoon coconut oil. Saute the onion slices for a few minutes until they become transparent, and then add the chopped garlic and bell pepper slices. Cook for a couple more minutes before adding the rutabaga chunks. Fry until the edges of the rutabaga begin to brown.
4. Pour coconut milk, turmeric, and a pinch of salt. Stir and wait for it to boil before adding more salt and fresh ground pepper to taste.

Serve over the pork cutlets and enjoy with steamed rice.

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