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Spaghetti Squash and Pork Stir-Fry

Prep Time: 15 mins

Cook Time: 1 h 5 mins

Rest Time: 10 mins

Total Time: 1 h 30 mins

Ingredients

- 3 pounds squash, spaghetti, (one, 3 pound squash)
- 1 pounds pork, tenderloin, trimmed
- 2 teaspoon oil, toasted sesame
- 5 medium scallion(s) (green onions), thinly sliced
- 2 clove(s) garlic, minced
- 1 tablespoon ginger, fresh, minced
- 1/2 teaspoon salt
- 2 tablespoon soy sauce, reduced-sodium
- 2 tablespoon vinegar, rice
- 1 teaspoon oil, chile, or Asian red chile sauce, such as sriracha



Preparation

- 1) Preheat oven to 350°F.
- 2) Cut squash in half. Scoop out and discard seeds. Place each half, cut-side down, on a baking sheet.
- 3) Bake until the squash is tender, about 1 hour. Let cool for 10 minutes then shred the flesh with a fork into a bowl. Discard the shell.
- 4) Slice pork into thin rounds; cut each round into matchsticks.
- 5) Heat a large wok over medium-high heat. Swirl in oil, then add scallions, garlic, ginger and salt; cook, stirring, until fragrant, 30 seconds.
- 6) Add the pork; cook, stirring constantly, until just cooked through, 2 to 3 minutes.
- 7) Add the squash threads and cook, stirring, for 1 minute.
- 8) Add soy sauce, rice vinegar and chile sauce (or chile oil); cook, stirring constantly, until aromatic, about 30 seconds.