

PORK PAPRIKASH

1		PORK TENDERLOIN, well trimmed, about 12 oz/0.375 kg	1	
4	tsp	canola oil, divided	20	mL
3		medium onions, sliced	3	
2	cups	sliced fresh mushrooms	500	mL
1	Tbsp	hot (Spanish) <u>or</u> sweet (Hungarian) paprika	15	mL
½	tsp	white pepper	2	mL
¼	tsp	salt	1	mL
½	cup	nonfat sour cream	125	mL

Cut pork tenderloin into ¼"/1cm slices. Heat 2 tsp/10mL oil in a nonstick skillet. Add pork strips and cook, stirring constantly until cooked through, about 3 minutes. Remove pork and pan juices; keep warm. Add remaining oil to skillet. Add onions, mushrooms, paprika, pepper and salt. Cook, covered, over medium heat, until onions are soft, 5-7 minutes. Return pork and juices to skillet; heat through. Remove from heat; stir in sour cream. Serve over noodles, if desired.

YIELD: 4 servings



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