



*Light sour cream adds richness to the gravy with fewer calories and less fat than whipping cream.*

## **PORK TENDERLOIN WITH MUSHROOM GRAVY AND EGG NOODLES**

**Hands-on time:** 30 minutes

**Total time:** 30 minutes

**Makes:** 4 servings

Pork tenderloin makes a leaner yet flavourful substitute in this lighter take on pork chops and gravy. If you like, use shiitake, oyster or portobello mushrooms in place of the cremini mushrooms.

450 g pork tenderloin, trimmed and cut in 1-inch (2.5 cm) thick rounds  
 ¼ tsp pepper  
 pinch salt  
 1 tbsp olive oil  
 2 pkg (each 227 g) cremini mushrooms, sliced  
 3 cloves garlic, minced  
 2 tsp chopped fresh thyme

¾ cup sodium-reduced chicken broth  
 2 tsp cornstarch  
 2 tbsp light sour cream  
 2 tsp Dijon mustard  
 1 tsp balsamic vinegar  
 2 tbsp chopped fresh parsley  
 140 g egg noodles  
 ½ cup frozen peas

Sprinkle pork with pepper and salt. In nonstick skillet, heat half of the oil over medium-high heat; cook pork, turning once, until browned, about 5 minutes. Remove to plate; keep warm.

In same skillet, heat remaining oil over medium heat; cook mushrooms, garlic and thyme, stirring occasionally, until almost no liquid remains, about 6 minutes. Scrape into bowl; keep warm.

Whisk together broth, cornstarch and ¾ cup water; stir into skillet. Bring to

simmer; cook, scraping up browned bits, until thickened, about 5 minutes.

Return pork and any juices and mushroom mixture to skillet; cook, stirring, until sauce is glossy and thickened, about 3 minutes. Stir in sour cream, mustard and vinegar; cook until juices run clear when pork is pierced and just a hint of pink remains inside, about 2 minutes. Stir in parsley.

Meanwhile, in large saucepan of boiling lightly salted water, cook noodles according to package instructions, adding peas in last 3 minutes of cook time. Drain. Serve pork mixture over noodles and peas.

**PER SERVING:** about 345 cal, 33 g pro, 8 g total fat (2 g sat. fat), 35 g carb (5 g dietary fibre, 4 g sugar), 91 mg chol, 436 mg sodium, 1,011 mg potassium. % RD: 6% calcium, 29% iron, 7% vit A, 10% vit C, 57% folate.