



## QUICK PORK STROGANOFF

 **Prep: 15 minutes**

 **Cook: 12 minutes**

 **Serves: 4**

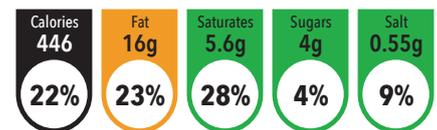
### INGREDIENTS:

- 1 tbsp oil
- 1 onion, sliced
- 400g pork fillet, cut into thin strips
- 2 tsp smoked paprika
- 200g mushrooms, sliced
- 1 clove garlic, crushed
- 150g low fat soured cream
- $\frac{3}{4}$  tsp **LoSalt**
- 500g fresh tagliatelle, to serve

### METHOD:

1. Heat the oil in a frying pan and fry the onion and pork for 5 minutes. Add the paprika, mushrooms and garlic and fry for a further 5 minutes.
2. Stir in the soured cream, 75ml water and **LoSalt** and bring to the boil.
3. Meanwhile, cook the pasta in boiling water for 3-4 minutes, drain and serve with the stroganoff.

Each serving contains



of your guideline daily amount