

Pork, Mushroom and Pasta Skillet

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Serves 6

- 12 ounces pasta of choice (I prefer Penne)
- 1 pound pork tenderloin
- Salt & pepper to taste
- 1 tablespoon olive oil
- 3 tablespoons butter divided
- 8 ounces mushrooms sliced
- 3 cloves garlic minced
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon Italian seasoning or Herbs de Provence
- 1/2 cup white wine
- 1 1/4 cup chicken/beef broth or wine (dry white or sherry)
- 1/2 cup sour cream
- 1 Tbsp corn starch or arrowroot powder
- 1 Tbsp water

1. Trim any excess fat and the silver skin (the tough part that may cover some of the tenderloin) and cut it into 3/4" thick medallions. Season each piece with salt &

pepper.

2. Add the oil and one tablespoon of the butter to a skillet over medium-high heat. Let the pan warm up for a few minutes.
3. Sear the pork for 3-4 minutes/side then transfer it to a plate.
4. Add in the remaining 2 tbsp butter and once it melts, add in the mushrooms and cook for 5-6 minutes, stirring occasionally, or until the water has been released and cooked off.
5. Stir in the garlic, Dijon mustard, Herbs de Provence OR Italian seasoning, wine and chicken broth. Let it bubble for about a minute.
6. Meanwhile, cook pasta according to package directions.
7. Add in the sour cream and mix well. Bring to a gentle boil.
8. Mix the cornstarch and water. Add to the mushroom mix and combine.
9. Add the pork back into the pan and let it cook for another 3-5 minutes or until the pork has cooked through and the sauce has reduced/thickened a bit. You may need to turn the heat down a bit so it doesn't boil furiously.
10. Drain pasta and add into mushroom sauce.
11. Season with extra salt & pepper as needed and serve immediately.

Main Course
pasta, Pork