

DINNER

Pork Stroganoff

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$3.09	436 kcal

The recipe Pork Stroganoff can be made in around 45 minutes. This recipe serves 4. One portion of this dish contains approximately 33g of protein, 13g of fat, and a total of 449 calories. For \$3.09 per serving, this recipe covers 27% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ teaspoon freshly ground black pepper, divided
- ☐ 1 tablespoon Dijon mustard
- ☐ 1 tablespoon chopped fresh parsley
- ☐ 1 teaspoon fresh lemon juice
- ☐ 8 ounce package presliced mushrooms
- ☐ ½ teaspoon salt, divided
- ☐ 2 cups hot cooked medium egg noodles (about 4 ounces uncooked pasta)
4 ounces pasta
- ☐ 1½ cups dry white wine
- ☐ 1 pound pork tenderloin, trimmed and cut into (3 x 1/4-inch-thick) strips
cut into 3 x 1/4-inch-thick strips
- ☐ ¾ cup reduced-fat sour cream
- ☐ 1½ cups thinly vertically sliced onion
- ☐ 1 tablespoon vegetable oil

EQUIPMENT Bowl, Frying pan, Whisk

Method

- 1

Heat oil in a large heavy skillet over high heat.
- 2

Sprinkle 1/4 teaspoon salt and 1/8 teaspoon pepper over pork, tossing to coat.

- 3 Add pork to pan; cook 4 minutes or until browned, stirring occasionally.
- 4 Remove pork from pan. Reduce heat to medium-high.
- 5 Add onion to pan; cook 2 minutes, stirring frequently.
- 6 Add mushrooms; cook 6 minutes or until mushrooms release moisture, stirring occasionally.
- 7 Add wine; simmer until wine is reduced by half (about 7 minutes). Reduce heat to medium-low.
- 8 Combine sour cream and mustard in a small bowl, stirring with a whisk. Stir sour cream mixture into wine mixture; add pork and remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook 3 minutes or until heated; stir in juice.
- 9 Sprinkle with parsley.
- 10 Serve over noodles.

Nutrition per serving

436
KCAL

32 g
PROTEIN

12 g
FAT

33 g
CARBS

Saturated Fat	4.6 g · 28% of daily needs
Fibre	2.8 g · 11% of daily needs
Sugar	5 g · 6% of daily needs
Sodium	442 mg · 19% of daily needs
Cholesterol	112 mg · 37% of daily needs
Vitamin C	7.9 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pork-stroganoff-148562