



Quick Pork

Ingredients

- 1 pork filet/tenderloin (sliced)
- 4oz mushrooms (sliced)
- 5oz pot of crème fraiche or natural yogurt
- 1-2 tsp wholegrain mustard
- Oil

Instructions

1. Heat the oil in a non stick pan
2. Add the pork and fry quickly until golden on both sides, don't overcook
3. Take off the heat and set aside
4. Fry the mushrooms then add the pork and turn the heat off
5. Add mustard and crème fraiche and stir in

Serving Ideas

Serve with a jacket potato and green beans.