

Diabetes-friendly pork stroganoff with fettuccine



Serves: 4



Cooking Time 20 minutes



Level: Easy



INGREDIENTS

250g fettuccine
3 teaspoons olive oil
400g pork fillet, thinly sliced
1 small brown onion, finely chopped
2 garlic cloves, crushed
200g cup mushrooms, thinly sliced
500g jar tomato pasta sauce
185ml can reduced-fat evaporated milk
2 tablespoons finely chopped fresh flat-leaf parsley leaves
Steamed green beans, to serve

PREPARATION

1. Cook pasta in a large saucepan of boiling water following packet directions until tender. Drain.
2. Meanwhile, heat 1 teaspoon oil in a large frying pan over medium-high heat. Cook pork, stirring, for 2 minutes or until browned. Transfer to a bowl.
3. Heat remaining oil over medium heat. Add onion and garlic. Cook, stirring, for 2 to 3 minutes or until softened. Add mushrooms. Cook, stirring, for 2 to 3 minutes or until mushrooms are tender. Add pasta sauce. Simmer, stirring occasionally, for 5 minutes or until slightly thickened. Add milk. Stir to combine. Cook, stirring, for 2 minutes or until combined. Return pork to pan. Cook, stirring, for 1 minute or until pork is heated through. Stir through parsley. Serve with pasta and beans.