

Pork Tenderloin with Mustard Sauce



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Ingredients

2 cups uncooked medium egg noodles
1 tablespoon olive oil
1 (1-pound) pork tenderloin, trimmed and cut crosswise into 12 (1-inch-thick) slices
1/2 teaspoon black pepper
1/4 teaspoon salt
1 cup dry white wine
3 tablespoons whole-grain Dijon mustard
2 tablespoons water
2 teaspoons cornstarch

Directions

1. Cook noodles according to package directions, omitting salt and fat; drain.
2. While the noodles cook, heat oil in a large nonstick skillet over medium-high heat. Sprinkle the pork with pepper and salt. Place pork in pan; cook 5 minutes, turning once.
3. Combine the wine and mustard; pour into pan. Cover, reduce heat, and simmer 10 minutes. Remove pork from pan; keep warm.
4. Combine water and cornstarch in a small bowl. Stir cornstarch mixture into pan; bring to a boil, and cook 1 minute or until thick. Serve pork with sauce and noodles.