

## Mustard Pork Tenderloin

(serves 2 to 4)



<b>Calories:</b>	209.84	<b>Dietary Fibre:</b>	0.25g
<b>Fat:</b>	9.08g	<b>Sodium:</b>	147.13mg
<b>Saturated Fat:</b>	2.98g	<b>Cholesterol:</b>	83.83mg

### Ingredients:

2 tbs red wine  
 1 tbs sugar  
 1 tbs olive oil  
 600g pork tenderloin  
 ¼ cup low-fat sour cream  
 3 tbs dijon mustard  
 ¼ cup chopped chives  
 ½ dessertspoon ground paprika

### Method:

In a bowl, mix the wine, sugar and olive oil. Cut the tenderloin into approximately 4 cm thick and the side that you cut lay flat on a cutting board and lightly pound out with a meat mallet to ½ the thickness. Add to the marinade, cover and place in fridge for at least 4 hours. Before cooking, preheat oven at 165°C. While the oven is preheating, bring pork out to room temperature. Once at room temp, remove excess and lay the pork on a greased tray, and bake for about 15 to 20 minutes, whilst basting with the marinade and turn over after 10 minutes and baste again. Mix in a bowl the sour cream, mustard and chives and then heat up slowly in a pan till it is hot (don't go too hot or it will split). Place cooked pork on the plate and pour over the sauce and sprinkle with the paprika.