

Pork Paprikash with Mushrooms

(Serves 2)

Noodles

- 140 g wide egg noodles (dry)
- 10 g butter

Pork

- 300 g pork tenderloin, halved lengthwise and sliced into bite-size pieces
- 1.0 g salt + MSG blend
- ¼ tsp ground black pepper
- 2 tsp sweet paprika, divided
- 1 tsp smoked paprika, divided

Sauce

- 10 g olive oil
- 150 g onion, chopped
- 120–150 g mushrooms, sliced
(*shimeji preferred; maitake or button acceptable*)
- 6 g garlic, minced
- 270 g canned whole peeled tomatoes, crushed by hand
- 80 g water

Finish

- 80 g nonfat Greek yogurt (Oikos), tempered
- 8–10 g finely grated Parmesan cheese (optional)
- Chopped parsley (optional)



INSTRUCTIONS

1. Bring a large pot of well-salted **water** to a boil. Cook **noodles** until tender. Drain, return to pot, stir in **butter**, cover, and set aside.
2. Toss **pork** with **salt+MSG**, **pepper**, **1 tsp sweet paprika**, and **½ tsp smoked paprika**.
3. Heat **olive oil** in a wide skillet over **medium-high heat**. Brown pork lightly on all sides, **3–4 minutes**. Transfer to a plate.
4. **Reduce heat to medium**. Add **onion** and cook **4–5 minutes** until softened.
5. Add **mushrooms** and **cook 5–7 minutes** until moisture evaporates and mushrooms lightly brown.
6. Add **garlic**, **remaining sweet paprika**, and **remaining smoked paprika**. Stir **30 seconds** until fragrant.
7. Add **tomatoes** and **water**. Return **pork** and any **juices** to the pan. Bring to a **gentle simmer**.
8. Simmer uncovered **15–20 minutes**, stirring occasionally, until sauce thickens.
9. Remove from heat. Temper yogurt with a little hot sauce, then stir into the pan. Add **Parmesan** if using.
10. Taste and adjust seasoning. Serve over noodles and garnish with **parsley** if desired.

NOTES

- Pork tenderloin is lean and commonly available in Japan; this recipe compensates with mushrooms, yogurt, and longer simmering.
- Pork shoulder or pork loin may also be used when available; these cuts are richer and become especially tender with the longer simmer.
- Paprika should never scorch; always add with sufficient moisture present.
- Greek yogurt must be tempered and added off heat to prevent curdling.
- Leftovers improve overnight as the sauce thickens and flavors meld.

NUTRITION (per serving)

Kcal: 560 | Protein: 38 g | Fat: 20 g | Sat. Fat: 6 g | Carbs: 55 g | Sugars: 10 g |
Fiber: 6 g | Sodium: 680 mg | Omega-3: 0.2 g

NUTRITION (whole dish)

Kcal: 1,120 | Protein: 76 g | Fat: 40 g | Sat. Fat: 12 g | Carbs: 110 g | Sugars: 20 g |
Fiber: 12 g | Sodium: 1,360 mg | Omega-3: 0.4 g