

PREPARATION: 25 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

ONE-POT CREAMY ORZO WITH PORK



INGREDIENTS

2 tablespoons olive oil

240 g pork tenderloin, sliced

1 ½ cups white mushrooms, sliced

½ cup shallots, diced

2 garlic cloves, minced

3 tablespoons balsamic vinegar

3 cups water

1 cup orzo pasta, uncooked

¾ cup sour cream

1 ½ tablespoons low-sodium soy sauce

¼ teaspoon dried thyme

½ cup frozen small peas

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

2 ½ Protein + 2 ½ Starch
+ ½ Vegetable

Calories	422 Kcal
Protein	25 g
Carbohydrates	43 g
Fibre	3 g
Total Fat	16 g
Saturated Fat	6 g
Cholesterol	52 mg
Sodium	284 mg
Potassium	633 mg
Phosphorus	317 mg

PREPARATION

- 1** In a large non-stick frying pan, heat olive oil over medium-high heat and brown the pork for about 5 minutes.
- 2** Add mushrooms and shallots and stir-fry for a couple minutes until the mushrooms soften.
- 3** Reduce heat to medium and add garlic and vinegar. Stir-fry for another minute.
- 4** Add water, sour cream, orzo, soy sauce and thyme, and stir to combine. Bring to a boil, reduce the heat, and stir occasionally. After about 10 minutes, when the orzo is almost cooked and the sauce is creamy, add the peas to warm them through. Enjoy!