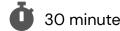


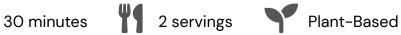
# **Product Spotlight:** Eggplant

Eggplants are super versatile and loved for their creamy texture once cooked. The eggplant is commonly known as a vegetable but is actually a member of the berry family!

#### **Kung Pao Eggplant** 4

A sweet and sour home-made Kung Pao sauce, with eggplant, mushroom and zucchini noodles.









22 October 2021



# Spice it up!

If you dare to, add some heat to this dish! A fresh red chilli, some dried chilli flakes or Sichuan pepper corns would all make a great addition to the sauce.

#### FROM YOUR BOX

ZUCCHINI	1
SMALL EGGPLANT	1
CAULIFLOWER	1/2 *
GINGER	1 piece
MUSHROOMS	1 bag (150g)
CHIVES	1/2 bunch *
SUPER SEED SPRINKLES	1/2 jar *

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, pepper, hoisin sauce, cornflour, white wine vinegar

#### **KEY UTENSILS**

large frypan

#### NOTES

Pour boiled water over the zoodles and drain before serving if you prefer your zoodles warmed.

We used sesame oil for extra flavour.



## **1. MAKE THE ZOODLES**

Julienne or ribbon zucchini into zoodles using a julienne peeler/spiralizer or vegetable peeler (see notes). Set aside for serving.



# **2. MAKE THE SAUCE**

Whisk together 1 1/2 tsp cornflour, 2 tbsp vinegar, 2 tbsp hoisin sauce and 3/4 cup water.



# **3. COOK THE EGGPLANT**

Heat a large frypan over medium-high heat with **oil** (see notes). Dice eggplant and cut cauliflower into florets. Add to pan as you go. Cook, stirring, for 4–6 minutes or until eggplant starts to char.



## **4. ADD THE MUSHROOMS**

Grate ginger to yield 3/4 tbsp, add to pan and stir to combine. Slice mushrooms, add to pan and cook, stirring, for 6-8 minutes or until vegetables are tender.



# **5. ADD THE SAUCE**

Pour in prepared sauce and simmer for 2-3 minutes until thickened. Season with **pepper**.



## **6. FINISH AND PLATE**

Roughly chop chives. Divide zoodles among bowls. Top with kung pao vegetables. Garnish with chives and super seeds.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

