




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!



4 Kung Pao Eggplant

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

 30 minutes

 2 servings

 Plant-Based

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.*

Per serve: **PROTEIN** 14g **TOTAL FAT** 10g **CARBOHYDRATES** 40g

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

