

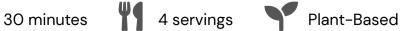
Product Spotlight: Eggplant

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.









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 TOTAL FAT CARBOHYDRATES 9g 5g 30g

22 October 2021

FROM YOUR BOX

ZUCCHINIS	2
MEDIUM EGGPLANT	1
GINGER	1 piece
MUSHROOMS	1 bag (300g)
GREEN BEANS	1/2 bag (125g) *
TINNED WATER CHESTNUTS	227g
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 zucchinis into zoodles using a julienne peeler/spiralizer or vegetable peeler (see notes). Set aside for serving.



2. MAKE THE SAUCE

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



3. COOK THE EGGPLANT

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



4. ADD THE MUSHROOMS

Grate ginger, slice mushrooms and green beans. Add to pan as you go. Cook, stirring, for 6-8 minutes or until vegetables are tender.



5. ADD THE SAUCE

Drain water chestnuts, add to pan along with 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

