



### 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

 4 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** 9g **TOTAL FAT** 5g **CARBOHYDRATES** 30g

## 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](mailto:hello@dinnertwist.com.au)

