



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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!



## 3 Kung Pao Pork with Zoodles

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

 30 minutes

 2 servings

 Pork

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 ground Sichuan peppercorns would all make a great addition to the sauce.*

Per serve: **PROTEIN** 38g **TOTAL FAT** 8g **CARBOHYDRATES** 34g

## FROM YOUR BOX

ZUCCHINI	1
SMALL EGGPLANT	1
GINGER	1 piece
PORK MINCE	300g
MUSHROOMS	1 bag (150g)
CAULIFLOWER	1/2 *
CHIVES	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, 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.

If you're in a hurry, heat a second frypan and cook the pork and other ingredients at the same time as the eggplant.

**No pork option - pork mince is replaced with chicken mince.**



### 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 **2 tsp cornflour**, **1 tbsp vinegar**, **2 tbsp hoisin sauce** and **1/2 cup water**.



### 3. COOK THE EGGPLANT

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



### 4. ADD THE PORK MINCE

Grate ginger to yield 3/4 tbsp, add to pan along with pork mince (see notes). Stir to combine. Slice mushrooms, cut cauliflower into florets. Add to pan and cook, stirring, for 6-8 minutes or until pork is cooked through.



### 5. ADD THE SAUCE

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



### 6. FINISH AND SERVE

Roughly chop chives. Divide zoodles evenly among bowls, top with pork and garnish with chives.

**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**

