



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

