



JUN
2016

Pork and Chinese Eggplant Stir-Fry over Brown Rice

Chinese eggplant is longer and thinner-skinned than its Italian cousin, making it perfect for stir-frying. Sautéed with yellow squash, pork, and an umami-packed sauce, this stir-fry hits all the marks. Brown rice is a healthy swap we prefer for its heartiness.



Prep: 10 min
Total: 35 min



level 1



nut free



dairy free



Ground Pork



Chinese Eggplant



Yellow Squash



Scallions



Garlic



Lime



Brown Rice



Chicken Stock
Concentrate



Soy Sauce

Ingredients

	2 People	4 People
Ground Pork	8 oz	16 oz
Chinese Eggplant	1	2
Yellow Squash	1	2
Scallions	2	4
Garlic	2 Cloves	4 Cloves
Lime	1	1
Brown Rice	¾ Cup	1 ½ Cups
Chicken Stock Concentrate	1	2
Soy Sauce	1) 2)	2 T
Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

2) Soy

Tools

Medium pot, Strainer, Large pan

Ruler

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Nutrition per person Calories: 566 cal | Fat: 20 g | Sat. Fat: 4 g | Protein: 32 g | Carbs: 68 g | Sugar: 12 g | Sodium: 823 mg | Fiber: 13 g



1 Cook the rice: Bring a medium pot of **salted water** to a boil with the **rice** and **stock concentrate**. Cook for 25-30 minutes, or until tender. Drain, like pasta, then return to the pot. Cover to steam.

2 Prep the veggies: **Wash and dry all produce**. Cut the **eggplant** into ½-inch cubes. Thinly slice the **yellow squash** into rounds. Trim, then thinly slice the **scallions** on a diagonal, keeping the **greens** and **whites** separate. Thinly slice the **garlic**. Cut the **lime** into wedges.



3 Cook the veggies: Heat a large drizzle of **oil** in a large pan over medium heat. Add the **eggplant** and **squash** and cook, tossing for 7-8 minutes, or until tender and golden brown. Season with **salt** and **pepper**. Remove from the pan and set aside.



4 Cook the pork: Heat a drizzle of **oil** in the same pan over medium heat. Add the **scallion whites** and **garlic** and cook, tossing for 1-2 minutes, until slightly softened. Add the **pork** to the pan and cook, breaking up the meat into pieces, for 3-4 minutes, until browned and cooked through. Season with **salt** and **pepper**.



5 Finish the stir-fry: Return the **squash** and **eggplant** to the pan. Add the **soy sauce** and cook, tossing until the vegetables have been warmed through.

6 Serve: Plate the **pork** and **Chinese eggplant stir-fry** on a bed of **brown rice** and squeeze over with a wedge of **lime juice**. Garnish with the **scallion greens** and enjoy!

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