



JUN  
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## Pork and Chinese Eggplant Stir-Fry

with Garlic-Soy Sauce and Brown Rice

Chinese eggplant, longer and thinner-skinned than its Italian cousin, is 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  
35 min



level 1



nut  
free



dairy  
free



Ground Pork



Chinese Eggplant



Yellow Squash



Green Onion



Lime



Garlic



Brown Rice



Chicken Broth  
Concentrate



Soy Sauce

## Ingredients

Ground Pork	1 pkg
Chinese Eggplant	2
Yellow Squash, chopped	1 pkg
Green Onions	4
Lime	1
Garlic	4 cloves
Brown Rice	1 pkg
Chicken Broth Concentrate	2
Soy Sauce	1) 2)
Olive or Canola Oil*	1 pkg

## 4 People

\*Not Included

## Allergens

- 1) Soy/Soja
- 2) Wheat/Blé

## Tools

Large Pan,  
Large Pot, Strainer

Ruler

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**Nutrition per person** Calories: 770 cal | Carbs: 90 g | Fat: 34 g | Protein: 30 g | Fiber: 14 g | Sodium: 824 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Cook the rice:** Bring a large pot of **salted water** to a boil with the **rice** and **broth concentrate**. Cook at a rolling boil for 25-30 minutes, or until tender. Drain, return to the pot, and cover to steam.

**2 Prep: Wash and dry all produce.** Cut the **eggplant** into 1/2-inch cubes. Thinly slice the **green onions**, keeping the greens and whites separate. Thinly slice the **garlic**. Cut the **lime** into wedges.



**3 Cook the vegetables:** 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. Transfer to a plate.

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



**5** Return the **squash** and **eggplant** to the pan. Add the **soy sauce** to the pan and cook, tossing until the vegetables have been warmed through. Season with **salt** and **pepper**.

**6 Finish and serve:** Fluff the **rice** with a fork and serve. Plate the **stir-fry** on top of the rice and squeeze a wedge of **lime** over the dish (if desired). Garnish with the **green onions**. Enjoy!



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