



# Sticky Chinese Pork & Eggplant

with Garlic Rice & Pickled Onion

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Eggplant



Red Onion



Baby Broccoli



Ginger



Sesame Seeds



Sichuan Garlic Paste



Pork Mince

Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

When this dish was brought to our test kitchen table, it disappeared in record time! With a delicious combination of baby broccoli, tender eggplant, toasted sesame seeds and pork with mild Sichuan garlic paste, it's sure to be a hit at your table too.

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Honey, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	1 packet
eggplant	1	2
red onion	½	1
rice wine vinegar* (for the pickle)	¼ cup	½ cup
baby broccoli	1 bunch	1 bunch
ginger	1 knob	2 knobs
sesame seeds	1 sachet	1 sachet
Sichuan garlic paste	1 packet	2 packets
honey*	½ tbs	1 tbs
rice wine vinegar* (for the sauce)	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
pork mince	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3430kJ (819Cal)	684kJ (163Cal)
Protein (g)	36g	7.2g
Fat, total (g)	34.7g	6.9g
- saturated (g)	12.3g	2.5g
Carbohydrate (g)	89.5g	17.8g
- sugars (g)	19.7g	3.9g
Sodium (mg)	1338mg	267mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the garlic rice

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Cook the baby broccoli

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli**, tossing, until tender, **5-6 minutes**. Transfer to a medium bowl and season with **salt** and **pepper**. Meanwhile, combine the **Sichuan garlic paste**, **honey**, **rice wine vinegar (for the sauce)**, **soy sauce** and **water (for the sauce)** in a second small bowl.



## Roast the eggplant

While the rice is cooking, cut the **eggplant** into bite-sized chunks. Place the **eggplant** on a lined oven tray, season with **salt** and drizzle with **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people). Roast until tender, **15-20 minutes**.

**TIP:** Adding enough oil will ensure the eggplant softens in time.



## Cook the pork

When the rice has **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Add the **ginger** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **Sichuan sauce mixture** and cook until slightly reduced and sticky, **1-2 minutes**. Remove from heat, then add the roasted **eggplant** and **broccoli** to the pork, tossing to combine.



## Get prepped

While the eggplant is roasting, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar (for the pickle)** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside until serving. Trim the **baby broccoli** and cut into thirds. Finely grate the **ginger**.

**TIP:** Cut any thicker baby broccoli stems in half lengthways.



## Serve up

Drain the pickled onion. Divide the garlic rice between bowls. Top with the sticky Chinese pork, veggies and pickled onion. Garnish with the toasted sesame seeds to serve.

## Enjoy!