



**Product Spotlight:
Chinese Stir Fry Sauce**

Made by Perth-locals, The Ugly Mug, this stir fry sauce is 100% flavour with only clean and naturally gluten-free ingredients.



Chinese Pork Stir Fry

with Szechuan and Peanut Drizzle Oil

Pork mince stir-fried with eggplant and green vegetables in locally made Chinese stir fry sauce from The Ugly Mug, with noodles and a tingling Szechuan and peanut drizzle oil.

30 minutes 4 servings Pork

Spice it down!

Want flavour but less heat? Use a smaller amount of the Szechuan spice mix, or mix with room temperature oil (not heated in the frypan) as cooking spices increases their heat.

Per serve: **PROTEIN** 34g **TOTAL FAT** 16g **CARBOHYDRATES** 36g

FROM YOUR BOX

NOODLES	2 packets
GINGER	1 piece
GARLIC CLOVES	2
CHINESE STIR FRY SAUCE	100g
SPRING ONIONS	1 bunch
MEDIUM EGGPLANT	1
SNOW PEAS	150g
SZECHUAN SPICE + PEANUT MIX	1 packet
PORK MINCE	500g

FROM YOUR PANTRY

oil for cooking

KEY UTENSILS

large frypan, saucepan

NOTES

Use a wok to cook if you have one.

To speed up the cooking process, cook the eggplant in a second frypan then add to pork mince with snow peas and sauce.

No gluten option - noodles are replaced with rice noodles. Cook until tender, drain and rinse well. Use regular water (not cooking liquid) at step 5.

Szechuan Spice + Peanut Mix: garlic granules, ground cumin, Chinese five spice, Szechuan pepper, chilli flakes and coconut sugar, unsalted roasted peanuts.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook according to packet instructions or until tender. Reserve **1 cup cooking liquid**. Drain and rinse well with cold water to stop the cooking process.



2. PREPARE THE INGREDIENTS

Peel and grate ginger, crush garlic. Add to a bowl along with Chinese stir fry sauce. Slice spring onions (reserve green tops for garnish), roughly dice eggplant, and trim and slice snow peas.



3. MAKE THE DRIZZLE OIL

Heat a large frypan (see notes) over medium heat with **1/4 cup oil**. Add Szechuan and peanut mix. Cook, stirring often, for 3-5 minutes until oil is fragrant. Remove to a bowl and keep pan over heat (see step 4).



4. COOK THE PORK

Increase pan to medium-high heat. Add mince (breaking up any lumps with back of a cooking spoon) and spring onion. Cook for 5 minutes until mince begins to brown. Keep pan over heat and remove pork mince.



5. FINISH THE STIR FRY

Add extra **oil** to pan along with eggplant (see notes). Cook for 6-8 minutes until eggplant softens. Add snow peas, pork mix, sauce and **3/4 cup cooking liquid** to pan. Toss to combine and stir fry for 3 minutes.



6. FINISH AND SERVE

Finely slice spring onion green tops.

Divide noodles among bowls. Spoon over stir fry (including any sauce at bottom of pan). Drizzle over oil and garnish with spring onion green tops.

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