



More than Food

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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 summer 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.



35 min



level 1



nut free



gluten free



dairy free



Ground Pork



Chinese Eggplant



Yellow Squash



Scallions



Lime



Garlic



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
Lime	1	2
Garlic	2 cloves	4 cloves
Brown Rice	¾ C	1½ C
Chicken Stock Concentrate	1	2
Soy Sauce	2 T	4 T
Oil*	1 T	2 T

\*Not Included

## Allergens

1) Soy

## Tools

Large Pan,  
Large Pot, Strainer

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

Ruler

0 in ¼ in ½ in ¾ in 1 in



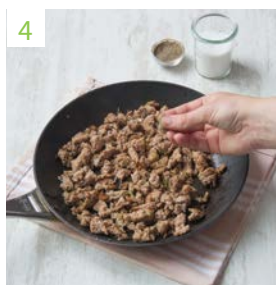
**1** Bring a large pot of **salted water** to a boil with the **rice** and **stock concentrate**. Cook at a rolling boil for 25-30 minutes, or until tender. Drain, return to the pot, and cover to steam.

**2** Cut the **eggplant** into ½-inch cubes. Thinly slice the **squash** into rounds. Thinly slice the **scallions** on a diagonal, keeping the greens and whites separate. Thinly slice the **garlic**. Cut the **lime** into six wedges.



**3** 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. Season with **salt** and **pepper**. Set aside.

**4** 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 for 3-4 minutes, breaking the meat up into pieces until browned and cooked through. Season with **salt** and **pepper**.



**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.

**6** 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. Garnish with the **scallion greens** and remaining **lime** wedges. Enjoy!

