



Miso Pork and Eggplant

with Sesame Soba Noodles



20-30min



2 Portions

Miso, a Japanese fermented soy seasoning, marries beautifully with pork and roasted eggplant, instantly adding layers of earthy, nutty, sweet and salty flavours. Served on a bed of sesame-laced soba and topped with shredded cucumber and spring onion for freshness, this is one that the whole family will love.

What we send

- rice vinegar
- spring onion
- sesame oil ¹¹
- sesame seed mix ¹¹
- soba noodles ¹
- baby spinach leaves
- Lebanese cucumber
- free-range pork mince
- miso paste ⁶
- eggplant

*The remainder of this ingredient won't be used in this recipe.

What you'll require

- Australian honey
- sea salt flakes
- soy sauce ⁶
- spray oil
- sugar
- vegetable oil

Utensils

- foil
- medium saucepan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 610.0kcal, Fat 19.1g, Proteins 43.7g, Carbs 62.6g



1. Cook eggplant

Preheat the grill to high and place the oven rack on the top shelf. Cut the **eggplant(s)** into 3cm chunks. Line an oven tray with foil and spray generously with **olive oil spray**. Place the **eggplant** in a single layer on the tray, then spray with **olive oil spray** again and season with **salt**. Grill for 8-10 mins, turning halfway through, or until golden and tender.



4. Cook noodles

Cook the **noodles** (use half for 2P** see cooking tip) in the pan of boiling water for 3 mins or until al dente. Drain, refresh under water and drain again. Toss the **remaining sesame oil** through **noodles**, mixing to coat. Keep warm.



2. Prepare ingredients

Meanwhile, bring a medium saucepan of water to the boil. Thinly slice the **cucumber(s)** lengthwise, then slice on an angle into thin matchsticks. Thinly slice the **spring onion(s)**.



5. Cook pork

While the noodles are cooking, heat the **vegetable oil** in a wok or large deep frypan over medium-high heat. Cook the **pork** for 3-4 mins until lightly browned, stirring to break up any lumps.



3. Make sauce

Using a fork, whisk together the **honey, soy sauce, miso paste, rice vinegar, sugar** and **half the sesame oil** in a bowl until the sugar has dissolved.



6. Get ready to serve

Add the miso mixture to the pan and stir-fry for a further 1 min, then add the **baby spinach leaves** and the **eggplant** and toss for 30 secs or until spinach wilts. Divide **noodles** among bowls and spoon over the pork mixture. Top with **cucumber, spring onion** and the **sesame seed mix** to serve.