



## Miso Pork and Eggplant

with Sesame Soba Noodles



20-30min



4 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

- sesame oil <sup>11</sup>
- 2 spring onions
- rice vinegar
- sesame seed mix <sup>11</sup>
- miso paste <sup>6</sup>
- baby spinach leaves
- free-range pork mince
- eggplant
- Lebanese cucumber
- soba noodles <sup>1</sup>

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

## What you'll require

- Australian honey
- sea salt flakes
- soy sauce <sup>6</sup>
- 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 580.0kcal, Fat 18.0g, Proteins 42.3g, Carbs 59.9g



### 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 **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.