



Japanese Pork Spag Bol with Soba Noodles and Eggplant

 20-30min  2 Portions

Love Japanese flavours? Adore Italian food? Then here's a real bonanza - a fusion of ideas from both these beloved cuisines. Tomato, mirin, pork and eggplant so so. This recipe is also suited to cooking in the Kenwood Multi Smart thermo cooker, using the app, if you have one.

What we send

- mirin ¹
- dry soba noodles ¹
- free-range pork premium mince
- eggplant
- onion
- carrots
- tomato paste
- zucchini

What you'll require

- soy sauce ⁶
- vegetable oil
- water

Utensils

- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 665kcal, Fat 24.5g, Carbs 65.3g, Proteins 36.9g



1. Prepare vegetables

Finely chop the **onion**. Cut the **eggplant** into 1cm chunks. Peel and coarsely grate the **carrot**. Using a julienne peeler or grater, coarsely shred the **zucchini**. Bring a medium saucepan of water to the boil for the noodles.



2. Cook vegetables

Heat **1 tbs vegetable oil** in a large deep frypan over medium-high heat. Cook the **onion** and **eggplant** for 5 mins or until the vegetables soften.



3. Cook mince

Add the **mince** to the pan and cook, stirring to break up the mince, for 3 mins or until browned.



4. Simmer sauce

Combine **250ml (1 cup) water**, the **tomato paste**, **mirin** and **1 tbs soy sauce** in a jug. Add to the mince mixture with the carrot. Bring to the boil, then reduce the heat to low and simmer, covered, for 5 mins. Remove the lid and simmer for a further 5 mins or until the sauce has thickened.



5. Cook noodles

When the sauce is nearly ready, cook 2 bundles of the **noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 3 mins.



6. Get ready to serve

Add the **zucchini**, stir to combine then drain well. Divide the **noodles**, **zucchini** and **bolognese** among bowls to serve.