

Stir Fried Pork Mince with Aubergine

SERVES 4

INGREDIENTS

1 tsp Szechuan pepper (optional)

2 tbs olive oil

1 large aubergine, diced

1 ½ tbs light soy sauce

1 ½ tbs salt reduced soy sauce

2 red chillies, deseeded and chopped

2 garlic cloves, crushed

2.5cm piece ginger, grated

480g lean pork mince

½ cup salt reduced chicken stock

1 ½ tbs Chinese rice wine

4 spring onions, thinly sliced, plus extra to serve

To serve

Steamed bok choy

METHOD

- 1. Gently fry the Szechuan pepper (if using) in a small pan until fragrant, then grind with a spice grinder or pestle and mortar.
- 2. Heat 1 ths of the oil in a non stick frying pan over medium heat. Add the aubergine and fry until light golden. Set aside.
- 3. Combine the soy sauces, chilli, garlic and ginger in a small bowl and set aside.
- 4. Heat the oil in a wok until hot and stir fry the pork until cooked and well coloured. Add the soy sauce mix and stir until it comes to the boil then add the stock and rice wine. Cook until liquid is reduced and stir through the aubergine and spring onion. Serve with the pepper and extra spring onions sprinkled on top



