

Mapo pork and eggplant

Serves 2

Ingredients

- 1 tablespoon oil
- 250 grams pork mince
- 1 large eggplant, diced
- 1 tablespoon oil
- 1 large clove garlic, crushed
- 1 tablespoon chopped ginger
- 1 tablespoon soy sauce
- 1 tablespoon white vinegar
- 1-2 teaspoons chilli paste/sauce
- 1 teaspoon sugar
- 1 ½ cups water
- 1 tablespoon cornflour

Method










1. Preheat oven to 200°C.
2. Heat oil in a large saucepan, add pork and brown over a medium heat.
3. Toss eggplant with the second measure of oil until coated, then place on a large roasting tray.
4. Roast eggplant until golden brown and soft then remove from oven and set aside.
5. To browned pork, add garlic, ginger, soy sauce, vinegar, chilli paste, sugar and water and bring to a simmer.
6. Add eggplant and continue to cook gently for a further 30 minutes.
7. Place cornflour in a small bowl, add a little water and mix, then pour slowly into pork mixture stirring constantly until thickened. Remove from heat.
8. Place even amounts into bowls, then serve.

Serving suggestion

- Serve with ½ cup cooked rice or noodles.



Equipment

-  Bowls
-  Cutting board and knife
-  Kitchen scales
-  Large saucepan
-  Large roasting tray
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

Preparation and cooking skills

Brown, mix, roast, simmer, thicken.

Nutrition

- Mapo pork is an aromatic Chinese dish made from spices, vegetables and pork.
- Lean pork is a source of protein which helps you to form muscles and a healthy body.