

Thai Style Braised Eggplant & Pork Stir Fry



Sticky, spicy and flavourful, this simple stir fry will leave you wanting more. Serve with brown rice for a healthy, quick meal that everyone will enjoy.

Ingredients

- 500g pork mince
- 1 large eggplant, cut into thick sticks
- 2 tbsp light extra virgin olive oil
- 3 tbsp oyster sauce
- 1 tbsp light soy sauce
- 2 tsp cornflour
- 1 red chilli, sliced
- 2 cloves garlic, minced
- 1 bunch Thai basil, leaves picked
- 1 bunch mint, leaves picked
- 2 packets 250g Community Co Microwave Brown Rice
- Optional: chilli powder

Method:

1. Cut the eggplant into sticks, and keep in a bowl of lightly salted water.
2. In a large frying pan over high heat add oil and stir fry the garlic, chilli and pork mince until pork is cooked through and starts to caramelise.
3. Stir in the eggplant, oyster sauce and soy sauce. Cover and cook for 3-5 minutes.
4. Mix the cornflour in a cup of water and add it to the pan. Keep stirring and coat the eggplant with sauce.
5. Stir in the Thai basil and cook for another minute.
6. Sprinkle mint leaves on top and extra chilli powder if using.
7. Cook the brown rice according to packet instructions.
8. Divide the brown rice and eggplant pork stir fry between bowls to serve.