



# PORK, EGGPLANT, AND SQUASH STIR-FRY

with Sesame and Ginger over Brown Rice



## HELLO

### EGGPLANT AND SQUASH

The veggie duo soaks up the ginger, garlic, sesame, and soy in this recipe.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 710



Brown Rice



Yellow Squash



Garlic



Lime



Soy Sauce  
(Contains: Soy)



Eggplant



Scallions



Ginger



Ground Pork



Sesame Oil

## START STRONG

No need to measure out the water for your rice. You'll be cooking it like pasta here.

## BUST OUT

- Medium pot
- Strainer
- Peeler
- Large pan
- Oil (1 TBSP | 2 TBSP)

## INGREDIENTS

Ingredient 2-person | 4-person

• Brown Rice	¾ Cup   1½ Cups
• Eggplant	1   2
• Yellow Squash	1   2
• Scallions	2   4
• Garlic	2 Cloves   4 Cloves
• Ginger	1 Thumb   1 Thumb
• Lime	1   1
• Ground Pork	8 oz   16 oz
• Soy Sauce	2 TBSP   4 TBSP
• Sesame Oil	1 TBSP   2 TBSP

## HELLO WINE



PAIR WITH  
The Descent Valle Central  
Merlot, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 COOK RICE

Bring a medium pot of **salted water** to a boil. Add **rice** and cook until tender, 35-45 minutes. Drain, then return to pot and keep covered.



## 4 COOK PORK

Heat a drizzle of **oil** in same pan over medium heat. Add **scallion whites**, **ginger**, and **garlic**. Cook, tossing, until fragrant, about 1 minute. Add **pork** and break up meat into pieces with a spatula or wooden spoon. Cook until lightly browned and no longer pink, 4-5 minutes. Season with **salt** and **pepper**.



## 2 PREP

**Wash and dry all produce.** Cut **eggplant** into ½-inch cubes. Slice **squash** crosswise into thin rounds. Trim, then thinly slice **scallions**, keeping greens and whites separate. Thinly slice **garlic**. Peel **ginger**, then mince until you have 1 TBSP. Cut **lime** into wedges.



## 5 FINISH STIR-FRY

Return **eggplant** and **squash** to pan. Stir in **soy sauce** and **sesame oil**. Cook, tossing, until veggies are warmed through.



## 3 COOK VEGGIES

Heat a large drizzle of **oil** in a large pan over medium heat. Add **eggplant** and **squash**. Cook, tossing, until tender and lightly browned, 7-8 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



## 6 PLATE AND SERVE

Divide **rice** between plates, then top with **stir-fry**. Garnish with **scallion greens**. Serve with **lime wedges** on the side for squeezing over.

## BRILLIANT!

We love how the veggies bring pops of color to this dish.

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