



Char Siu Pork Belly & Sticky Eggplant

with Ginger Rice & Peanuts

Grab your Meal Kit with this symbol



Eggplant



Ginger



Jasmine Rice



Garlic



Baby Broccoli



Green Beans



Mixed Sesame Seeds



Slow-Cooked Pork Belly



Char Siu Paste



Sichuan Garlic Paste



Long Green Chilli (Optional)



Spring Onion



Crushed Peanuts

- Hands-on: **30-40 mins**
- Ready in: **35-45 mins**
- Spicy (optional long green chilli)

What's an instant way to bring bold, international flavours to pork? Add this sweet 'n' salty char siu paste to melt-in-your-mouth pork belly. Teamed with sticky braised eggplant, plus an aromatic ginger rice, this meal will make your tastebuds sing!

Pantry items

Olive Oil, Butter, Soy Sauce, Rice Wine Vinegar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
ginger	1 knob	2 knobs
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
baby broccoli	1 bag	2 bags
green beans	1 bag (100g)	1 bag (200g)
mixed sesame seeds	1 sachet	1 sachet
slow-cooked pork belly	1 packet	1 packet
char siu paste	1 packet	1 packet
Sichuan garlic paste	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
rice wine vinegar*	½ tbs	1 tbs
honey*	½ tbs	1 tbs
long green chilli (optional)	½	1
spring onion	1 stem	2 stems
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4640kJ (1108Cal)	776kJ (185Cal)
Protein (g)	47.8g	8g
Fat, total (g)	49.5g	8.3g
- saturated (g)	16.6g	2.8g
Carbohydrate (g)	114g	19.1g
- sugars (g)	43.5g	7.3g
Sodium (mg)	4098mg	686mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the eggplant

Preheat the oven to **240°C/220°C fan-forced**. Cut the **eggplant** into bite-sized chunks. Place the **eggplant** on a lined oven tray, drizzle with **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people) and season with **salt**. Spread out evenly, then roast until golden, **15-20 minutes**.

TIP: Adding enough oil will ensure the eggplant softens in time.



Cook the char siu pork

Pat the **slow-cooked pork belly** dry with paper towel and cut into 2cm chunks. Wipe out the frying pan. Add the **pork** to the pan and place over a high heat (no need for oil). Cook the **pork**, tossing, until golden, **8-10 minutes**. Remove the pan from the heat. Add the **char siu paste** and a splash of **water**, then toss the **pork** to coat. Transfer the glazed **pork** to a plate and cover with foil to rest.



Cook the ginger rice

While the eggplant is roasting, finely grate the **ginger**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook the **ginger** until fragrant, **1-2 minutes**. Add the **jasmine rice**, the **water** and the **salt**, stir, then bring to the boil. Cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the sticky eggplant

In a small bowl, combine the **Sichuan garlic paste**, **soy sauce**, **rice wine vinegar**, **honey** and a dash of **water**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **roasted eggplant**, **Sichuan sauce mixture** and remaining **garlic** until slightly reduced and sticky, **2-3 minutes**.



Cook the garlicky greens

While the rice is cooking, finely chop the **garlic**. Trim the **baby broccoli** and halve lengthways. Trim the **green beans**. Heat a large frying pan over a medium-high heat. Cook the **baby broccoli** and **green beans** with a splash of **water** until softened, **4-5 minutes**. Add the **mixed sesame seeds** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl, then season with **salt** and **pepper**. Cover to keep warm.



Serve up

Thinly slice the **long green chilli** (if using). Thinly slice the **spring onion**, then stir through the rice. Divide the ginger rice between bowls. Top with the char siu pork, sticky eggplant and garlicky greens. Garnish with the **crushed peanuts** and chilli to serve.

Enjoy!