



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Banana Blossom


Banana Blossom or flowers, if left to grow, would turn into bananas. They are a good source of vitamins A and C as well as containing potassium and calcium.



## K2 Stir fried Banana Blossom with Charred Asian Greens

Classic Asian flavours of ginger, soy and sesame combine to make this stir fry a speedy but tasty dinner. The inclusion of banana blossom adds texture and bonus nutrition.

 20 minutes

 2 servings

 Plant-Based

4 March 2022

## Spice it up!

*You can slice and add the Asian greens into the stir fry if preferred. Add some sambal oelek or similar for extra flavour.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 15g **CARBOHYDRATES** 92g

## FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
SPRING ONIONS	4
CARROT	1
TINNED BANANA BLOSSOM	400g
PAK CHOY	2 bulbs
ROASTED CASHEWS	1 packet (40g)
BEAN SHOOTS	1 bag (250g)

## FROM YOUR PANTRY

sesame oil, pepper, soy sauce, rice wine vinegar (or other), sugar (of choice), chilli flakes

## KEY UTENSILS

saucepan, large frypan

## NOTES

Add more or less chilli flakes to taste.

If you like your stir fry sauce thicker, add a little corn flour dissolved in water.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. MAKE THE SAUCE

Grate ginger into a bowl and whisk together with **2 tbsp soy sauce**, **1 tbsp vinegar**, **1/2 tbsp sesame oil**, **1 tsp sugar**, **1/4 tsp chilli flakes** (optional, see notes) and **pepper**.



### 3. PREPARE INGREDIENTS

Slice spring onions (keep some green tops for garnish) and carrot. Drain and roughly chop banana blossom. Halve pak choy and roughly chop cashews. Keep separate.



### 4. CHAR THE PAK CHOY

Heat a large frypan or wok with **oil**. Add halved pak choy and cook for 2–3 minutes turning when lightly charred and tender. Season with **1/2 tbsp soy sauce and pepper**. Cook in batches if necessary. Remove to a plate, keep pan over heat.



### 5. COOK THE STIR FRY

Add a little extra **oil** to pan. Add prepared vegetables and banana blossom. Cook for 3–4 minutes then add chopped cashews, 1/2 bag bean shoots and sauce. Bring to a simmer and remove from heat (see notes). Season with **extra soy sauce and pepper**.



### 6. FINISH AND SERVE

Divide rice between bowls. Top with stir fry and pak choy. Garnish with remaining bean sprouts and reserved spring onion tops.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

