



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.



K4

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



4 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	TOTAL FAT	CARBOHYDRATES
	17g	13g	89g

FROM YOUR BOX

BASMATI RICE	300g
GINGER	1 piece
SPRING ONIONS	1 bunch
CARROTS	2
TINNED BANANA BLOSSOM	2 x 400g
PAK CHOY	1 bunch
ROASTED CASHEWS	1 packet (80g)
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 **4 tbsp soy sauce, 2 tbsp vinegar, 1/2 tbsp sesame oil, 2 tsp sugar, 1/2 tsp chilli flakes** (optional, see notes) and **pepper**.



3. PREPARE INGREDIENTS

Slice spring onions (keep some green tops for garnish) and carrots. 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. 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**

