



Product Spotlight: Banana Blossom

The banana blossom is a tear-shaped flower that hangs at the end of banana fruit clusters. They are flaky in texture and mild in flavour, perfect for curries, tacos and stir fries!



2 Banana Blossom Laksa with Zucchini Noodles

A mild coconut curry broth with zucchini noodles and spiced banana blossom, topped with fragrant mint.

 30 mins

 2 servings

 Plant-Based

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Spice it up!

You can add a bruised lemongrass stalk or crushed garlic to the broth for extra flavour. If you have a spare lime you can add the zest and juice to finish.

Per serve: **PROTEIN** 13g **TOTAL FAT** 53g **CARBOHYDRATES** 28g

FROM YOUR BOX

GINGER	1 piece
TOMATO	1
KAFFIR LIME LEAVES	1 double
COCONUT MILK	400ml
CARROT	1
MINT	1/2 bunch *
RED CAPSICUM	1/2 *
ZUCCHINI	1
TINNED BANANA BLOSSOM	400g
CASHEWS	1/2 packet (30g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground turmeric, ground cumin, stock cube (1)

KEY UTENSILS

frypan, saucepan with lid

NOTES

For extra flavour you can use coconut or sesame oil to sauté the aromatics.

If you have soy sauce or tamari you can use some to season the broth instead of salt and pepper.

If you don't want to make the noodles, you can dice or slice the zucchinis and add to the broth instead.



1. SAUTÉ THE AROMATICS

Heat a saucepan with **1 tbsp oil** (see notes) over medium heat. Peel and grate ginger to yield 1/2 tbsp, chop tomato and add to pan. Crush lime leaves, crumble in **stock cube**, add to pan along with **3 tsp turmeric** and **3 tsp cumin**. Cook for 2 minutes or until fragrant.



2. SIMMER THE BROTH

Pour in coconut milk and **2 cups water** to pan. Cover and simmer for 10-15 minutes. Season with **salt and pepper** (see notes).



3. PREPARE TOPPINGS

Julienne or ribbon carrot, chop mint leaves and slice capsicum.



4. MAKE THE NOODLES

Spiralize, julienne or ribbon zucchini to make the noodles (see notes). Set aside.



5. COOK BANANA BLOSSOM

Drain banana blossoms, pat dry and cut in halves. Coat with **1/2 tsp cumin, oil, salt and pepper**. Heat a frypan over medium-high heat and cook banana blossoms for 2-3 minutes each side until warmed through.



6. FINISH AND PLATE

Divide zucchini noodles and broth among bowls. Add banana blossom on top along with even amount of fresh toppings. Chop cashews and sprinkle on top.

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

