



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Green Tea


Rich in antioxidant, anti-carcinogen and anti-inflammatory properties. Green Tea may help to maintain the health of arteries and assist with concentration.



1 Green Tea Banana Blossoms

Banana blossoms cooked in green tea leaves, served with boiled potatoes, fresh vegetables, sesame seeds and chilli.

 30 minutes

 4 servings

 Plant-Based

17 September 2021

Switch it up!

Instead of boiling your potatoes, roast them in the oven. Set the oven to 220°C. Halve the potatoes, toss in oil, salt and pepper. Roast on a lined oven tray for 20-25 minutes until golden and crispy.

Per serve: **PROTEIN** 11g **TOTAL FAT** 22g **CARBOHYDRATES** 57g

FROM YOUR BOX

BABY POTATOES	1kg
LIME	1
LEBANESE CUCUMBER	1
SNOW PEAS	1/2 bag (125g) *
ASIAN GREENS	1 bunch
TINNED BANANA BLOSSOM	2 x 400g
GREEN TEA BAGS	2
SESAME SEEDS	1 packet (20g)
RED CHILLI	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, 1 garlic clove, sugar (or sweetener of your choice)

KEY UTENSILS

large frypan, saucepan

NOTES

For a milder chilli, remove the seeds before slicing.



1. COOK THE POTATOES

Halve potatoes. Place in a saucepan, cover with water. Bring to the boil and simmer for 10 minutes or until tender. Drain potatoes and rinse in cold water.



2. MAKE THE DRESSING

Whisk together lime zest and juice with **1 crushed garlic clove, 1/3 cup olive oil, 1 tsp sugar, salt and pepper.**



3. PREPARE VEGETABLES

Halve, deseed and slice cucumber. Trim and thinly slice snow peas and Asian greens. Set aside.



4. COOK BANANA BLOSSOM

Heat a frypan over medium-high heat with **oil**. Drain and rinse banana blossom. Pat dry. Sprinkle contents of tea bag onto a plate. Season with **salt and pepper**. Roll banana blossoms in green tea mixture. Add to pan and cook for 2-3 minutes on each side until warmed through.



5. TOSS THE POTATOES

Toss potatoes, prepared vegetables and banana blossom with dressing until well coated.



6. FINISH AND PLATE

Thinly slice chilli (see notes). Divide tossed vegetables among shallow bowls. Top with banana blossom. Garnish with sliced chilli (to taste).

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**

