



Crumbed Banana Blossom

with Spiced Wedges, Rainbow Slaw & Plant-Based Aioli

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Baby Spinach Leaves



Sweetcorn



Banana Blossom



Louisiana Spice Blend



Panko Breadcrumbs



Slaw Mix



Plant-Based Aioli

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Plant Based

This versatile fruit with a similar texture to cooked white fish is the perfect plant-based alternative to switch out with your regular protein. Pair it with a crunchy rainbow slaw and spiced wedges, and it's just like a plate from a Southern cookout.

Pantry items

Olive Oil, Plain Flour

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
sweetcorn	½ tin	1 tin
banana blossom	1 tin	2 tins
plain flour*	1 tbs	2 tbs
water*	¼ cup	½ cup
Louisiana spice blend	1 sachet	2 sachets
panko breadcrumbs	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
plant-based aioli	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3074kJ (734Cal)	456kJ (108Cal)
Protein (g)	16.2g	2.4g
Fat, total (g)	38.1g	5.6g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	79.2g	11.7g
- sugars (g)	22.2g	3.3g
Sodium (mg)	2121mg	314mg

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.

1



Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges, then place on a lined oven tray. Drizzle with **olive oil** and sprinkle with the **Aussie spice blend**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

2



Get prepped

While the wedges are baking, roughly chop the **baby spinach leaves**. Drain the **sweetcorn** (see ingredients). Drain and rinse the **banana blossom**, then pat dry with paper towel and cut in half.

3



Crumb the banana blossom

In a shallow bowl, combine the **plain flour**, the **water** and **Louisiana spice blend**. In a second shallow bowl, place the **panko breadcrumbs**. Dip the **banana blossom** in the **flour mixture**, followed by the **panko breadcrumbs**. Transfer to a plate.

4



Make the slaw

Heat a large frying pan over a high heat. Cook the **sweetcorn**, tossing, until lightly browned, **4-5 minutes**. Transfer to a large bowl. Add the **baby spinach**, **slaw mix** and 1/2 the **plant-based aioli** to the **charred corn**. Season.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

5



Cook the banana blossom

When the wedges have **10 minutes** cook time remaining, return the frying pan to a medium-high heat with enough **olive oil** to cover the base. Cook the **crumbed banana blossom** in batches until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the banana blossom does not stick to the pan.

6



Serve up

Divide the crumbed banana blossom, spiced wedges and rainbow slaw between plates. Serve with the remaining aioli.

Enjoy!