



Mexican Crumbed Banana Blossom Tacos

with Cucumber Salsa & Plant-Based Mayo

Grab your Meal Kit with this symbol



Red Onion



Tomato



Cucumber



Banana Blossom



Mexican Fiesta Spice Blend



Panko Breadcrumbs



Mini Flour Tortillas



Salad Leaves



Plant-Based Mayo



Hands-on: **20-30 mins**
Ready in: **25-35 mins**



Calorie Smart



Spicy (Mexican Fiesta spice blend)



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. Crumb it with Mexican spices and panko, then stack it into a taco along with crunchy salad leaves and pickled onion. Time to tick these tacos off the bucket list.

Pantry items

Olive Oil, White Wine Vinegar, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
white wine vinegar*	¼ cup	½ cup
tomato	1	2
cucumber	1 (medium)	1 (large)
banana blossom	1 tin	2 tins
Mexican Fiesta spice blend	1 sachet	1 sachet
plain flour*	1 tbs	2 tbs
water*	¼ cup	½ cup
panko breadcrumbs	1 packet	1 packet
mini flour tortillas	8	16
salad leaves	1 bag (30g)	1 bag (60g)
plant-based mayo	50g	100g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2569kJ (614Cal)	459kJ (110Cal)
Protein (g)	17.8g	3.2g
Fat, total (g)	19.1g	3.4g
- saturated (g)	5.7g	1g
Carbohydrate (g)	86.8g	15.5g
- sugars (g)	10.2g	1.8g
Sodium (mg)	1606mg	287mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Pickle the onion

- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch **onion** in your hands, then add it to **pickling liquid**.
- Add just enough **water** to cover the **onion**, then set aside.



Cook the banana blossom

- Heat a large frying pan over a medium-high heat with enough **olive oil** to cover the base of the pan.
- When oil is hot, cook 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.



Get prepped

- Roughly chop **tomato** and **cucumber**.
- Drain, rinse, then cut **banana blossom** into bite-sized chunks.
- **SPICY!** The **spice blend** is hot, use less if you're sensitive to heat. In a shallow bowl, combine **Mexican Fiesta spice blend**, **plain flour** and the **water**. In a second shallow bowl, place **panko breadcrumbs**.
- Dip **banana blossom** in **flour mixture** followed by **panko breadcrumbs**. Transfer to a plate.



Serve up

- In a medium bowl, combine tomato, cucumber, a pinch of salt and a drizzle of olive oil and white wine vinegar.
- Microwave **mini flour tortillas** in **10 second** bursts, until warmed through.
- Drain pickled onion.
- Divide **salad leaves** and crumbed banana blossom between tortillas. Top with cucumber salsa and pickled onion.
- Drizzle over **plant-based mayo** to serve.

Enjoy!