

Veggie Pot Stickers with Ripe Plantain Slices, Brown Rice, Mandarin Slices, Peas & Carrots

(Use of Big Banana® Ripe Plantain Slices)



Servings: 8



Total Time: 65 min.



Level: Intermediate

- ❖ 36 each Veggie Pot Stickers
- ❖ 27 each Ripe Plantain Slices
- ❖ Brown rice, cooked
- ❖ Mandarin slices
- ❖ Peas & Carrots

For the Pot Stickers

- 1 lb. peeled edamame
- 1½ cups peas
- ¼ cup mint, chiffonade
- 1 cup canola oil
- 1 gallon boiling salted (2 tbsp) water

- ½ cup sugar
- salt to taste
- 50 pot sticker wrappers
- 1 tbsp canola oil for sautéing
- Water as needed

Prepare Filling

1. Bring 1 gallon of water and 2 tbsp of salt to boil.
2. Add peeled edamame and peas. Blanch until vegetables are tender and can be squashed between your fingers
3. Drain, transfer into a food processor while still hot.
4. Add mint and 1 cup canola oil, process until almost smooth, leaving some chunks for texture.
5. Add sugar and salt if necessary

Shape, Blanch & Sear Potstickers

1. Place 1 tbsp of filling in the center of a wrapper, wet the edges of wrapper with water
2. Fold to a half-moon, and pleat while pressing to seal along the edge
3. In a sauté pan, heat 1 tbsp of canola oil over medium-high heat add potstickers, flat-side down.
4. Sear until golden-brown (this should only take a minute or less), add a ¼ cup of water, cover and steam for 6-8 minutes.
5. Remove and reserve for serving

For the Ripe Plantain Slices

- 27 each Big Banana Ripe Plantain Slices
- Vegetable Oil, as needed for Frying

Procedure

1. Preheat fryer to 350F
2. Working in batches add the plantains to the fryer basket and gently lower it into the oil and cook for 3-4 minutes
3. Drain and hold warm

To Assemble:

- ❖ Place the steamed brown rice on the bottom of your dish and top with the pot stickers and three plantain slices. Serve with Steamed Peas & Carrots as well as Mandarin slices.