

BIG BANANA® Plantain Tidbits with Thai Noodles



Servings: 4



Total Time: 45 min.



Level: Intermediate

Ingredients

- BIG BANANA® Ripe Plantain Tidbits
- Thai Noodles
- Vegetables
- Thai Noodle Sauce

For Garnish

- Scallions chopped
- Sesame Seeds

- Thai Basil
- Drizzle of Tamari and Sesame Oil

For the BIG BANANA® Ripe Plantain Tidbits

- 2 cups Ripe Plantain Tidbits
1. Preheat fryer to 350°F .
 2. Place tidbits in fryer basket and fry for about 1 minute.
 3. Drain over lined plate & reserve.

For the Thai Noodles

- 8 oz Rice Noodles or Bean Thread Noodles
 - 11 oz Snow peas trimmed
 - 1½ tbsp Sesame Oil
 - 2 tsp fresh Ginger micro planed
 - 1 tbsp. fresh Garlic micro planed or minced
 - 1½ cup Carrots Julianne about two large carrots
 - 5 cup Green Cabbage about ½ a medium head, cut into bite sized pieces
 - 5 oz Shiitake Mushrooms stemmed and sliced into quarters
1. Place noodles in a large bowl and cover with cold water to soak while you prepare the veggies and sauce.
 2. Fill a stock pot ½ full of water and bring to a boil. While the water is heating, trim the snow peas.
 3. To blanch the snow peas, place them in the boiling water, turn the heat to low and blanch for two minutes.
 4. Drain and rinse with cold water. Place back into the stock pot they were blanched in (with heat off).

For the Sauce

- ½ cup vegetable broth
- 1 tbsp. sesame oil
- 2 tbsp. tamari
- 1 tbsp. brown sugar
- ½ tsp red pepper flakes
- ½ tsp Sea Salt

1. In a small bowl whisk the broth, sesame oil, tamari, sugar, pepper flakes and salt. Set aside.

To Cook & Serve

1. In a large skillet or wok, heat the sesame oil on medium high heat.
2. Once shimmering, toss in the grated ginger and garlic. Sizzle for about 30 seconds, then toss in the mushrooms, cabbage and carrots. Using two wooden spoons, stir fry until tender crisp, about 5-6 minutes. When ready, toss the stir-fried veggies into the pot with the snow peas (heat off).
3. Check on the rice noodles. They should be tender, but not soft. Drain thoroughly.
4. In the same skillet or wok the veggies were stir fried in, pour in the sauce. Bring to a simmer and gently toss in the noodles. Use a pair of tongs to twist and turn the noodles around in the sauce so that each noodle is covered.
5. Turn the heat down continue turning, cooking for about 2 minutes. Test the noodles for taste and tenderness. If they seem tough, give them another minute to cook while turning the noodles.
6. Remove from heat and stir in the veggies using the residual heat of the noodles to rewarm the veggies.
7. Add the Plantain Tidbits and garnish with sesame seeds, thai basil, scallions and a drizzle of sesame oil and/or tamari.