

Banana Flower Salad



Ingredients

Serves 4 as a side

- 400g diced banana flower (2 banana flowers)
- 2 small chopped chilies
- 3 leaves chopped thai basil
- ½ cup Thai Basil
- 3 cloves finely chopped garlic
- Juice of 2 limes/ lemons
- 4 teaspoon sugar
- 1 cup chopped cashews
- 1 teaspoon salt
- 2- 3 medium cucumbers- grated
- A dash of peanut oil
- 3 tablespoons coconut shred/ milk

Banana flower salad- Method

- Peel the outside, darker petals from the banana flower and then slice through really thinly (Like demonstrated) Save the outer leaves to serve the salad in later
- Discard the small round tube like parts and put the petal parts in limed water
- Now heat a little oil in the wok and sauté the banana flower for 4 minutes or until it changes colour
- Place in a mixing bowl and add the salt, sugar and garlic, chili and basil and keep mixing
- Grate the cucumber and add this in too
- Add in coconut shred or milk
- Arrange in the outer leaves, in a bowl with garnish of basil. Serve straight away

- Sometimes banana flowers can be bitter, depending on its age. It is best to use freshly picked, newly formed banana flowers!
- Banana flowers can be used in stir fries and soups.