

# Green banana curry with snake gourd

## INGREDIENTS

### Fresh

- 10 plantain bananas (cooking bananas) OR
- 20 small green bananas
- 2-3 medium green or red chillies
- 2 snake gourds
- 2 small onions finely diced
- 1 lime
- 400 ml of coconut milk fresh or tinned



### Spices and oil

- 1 teaspoon salt
- 2 teaspoon of ground turmeric
- teaspoon chili powder
- 2 teaspoon fennel seeds
- 5 curry leaves
- 4 cinnamon sticks
- ½ cup oil (rice bran or peanut)

Serves 4-6

## Green banana curry

- Peel the bananas (with a small knife) and cut them into large chunks (2cm).
- Measure out the salt, turmeric and chili powder and rub it into the bananas
- Now measure out the fennel seeds and curry leaves
- Cut the onion (cut very small) and put in a small bowl
- Cut the snake gourd into sections across the length and cut the lime into sections
  
- Put the oil in small frying pan and fry the banana pieces a few at a time, until they are golden brown.
- Set them aside in a bowl.
- Put the snake gourd into the pan and do the same
- Heat a little oil in a saucepan and add whole spices and cook for a few minutes.
- Add onions and sauté until soft, about 10 minutes. Now add the banana and snake gourd
- Add the coconut milk and cook for a few minutes about 5 or 6 minutes.
- Season to taste with salt, pepper or chili sauce. Serve with rice and a squeeze of lemon or lime in the amount of dishes so every table has one portion

Plantain or any green banana can be used to make a this curry and snake gourd can be replaced with zucchini or loofa or snake beans