



Raw Banana Stir Fry

INGREDIENTS

- 3 raw bananas
- 1/2 cup coconut
- 4 green chillies, grated
- 50g shallots
- 3 dry chillies
- 1/2 tsp cumin seeds
- 1/2 tsp mustard seeds
- 1/2 tsp turmeric powder
- 1 sprig curry leaves
- Salt
- 2 tsp coconut oil

METHOD

1. Wash, peel and chop raw bananas into pieces.
2. In a saucepan, add chopped plantains, turmeric powder, salt and water and cook until pieces are tender. Drain and set aside.
3. Grind together shallots, cumin seeds, coconut and green chillies into a coarse paste and set aside.
4. Heat oil in a pan and add mustard seeds and let them splutter.
5. Add curry leaves and red chilli, fry for a couple of minutes.
6. Add ground coconut mixture and fry for 4-5 seconds.
7. Add the cooked plantains and mix well.
8. Adjust salt and switch off the flame.
9. Serve with rice or bread.

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Fish in Coconut Milk

INGREDIENTS

- 1 tbsp oil or ghee
- 1 brown onion, chopped
- 1 tsp coriander
- 1 tsp turmeric
- 1 long green chilli, deseeded, finely chopped
- 2 garlic cloves, crushed
- 10 fresh curry leaves
- 400ml can coconut milk
- 800g firm white fish fillets, cut into 2.5cm cubes
- Curry leaves for garnish

METHOD

1. Heat ghee or olive oil in a large frying pan over medium heat.
2. Add the brown onion and cook, stirring, for 2 - 3 minutes, or until tender.
3. Add coriander, turmeric, green chilli, crushed garlic, curry leaves and cook stirring, for 1 minute, or until fragrant.
4. Add the can of coconut milk and reduce the heat to medium-low and simmer for 10 minutes, or until reduced slightly. Add the fish fillets and cook for 4 to 5 minutes, or until fish is just cooked through.
5. Season with salt and pepper. Top with curry leaves

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