

# **Banana Peel Curry**



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Save your banana peels for a delicious curry recipe that the whole family will enjoy.

## **Ingredients**

- 1 small onion, sliced
- 5 curry leaves
- 2-3 banana peels - soaked in 1/4 tsp of turmeric and water until ready to use
- 1/4 cup Black & Gold shredded coconut
- 2 garlic cloves, crushed
- 1 tsp grated ginger
- 1/2 cup cherry tomatoes, quartered
- 1/4 tsp ground turmeric
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp red chilli powder
- 1/2 cup coconut milk

1/4 cup coriander, chopped

**Method:**

1. Rinse the banana skin and trim off any woody or black ends. Finely slice the skin.
2. Heat a drizzle of olive oil in a pan over medium heat. Add the onion and curry leaves and fry until golden, 5-10 minutes then add the sliced banana skin and shredded coconut. Cook this for a further 3-4 minutes until fragrant.
3. Add the chopped tomatoes, ginger, garlic and ground spices. Fry for 3-4 minutes then add the coconut milk and let it simmer for 10 minutes.
4. Serve with chopped coriander and jasmine or basmati rice.