

Raw banana stir fry

Ingredients

1. Raw banana-3 no
2. Tamarind pulp/mango powder-1/4 tsp
3. Turmeric powder-1/4 tsp
4. Salt

To powder

5. Red chillies-2no
6. Mustard seeds-1/2tsp
7. Jeera-1/2tsp

For seasoning

1. Cooking oil-1tbsp
2. Mustard seeds-1/2tsp
3. Urad dal-1/2tsp
4. Red chillie-2no
5. Curry leaves

Method

Cut raw banana into small cubical shape. Soak it in the water for 15minutes to prevent from discoloration (You can scrape the outer skin of the banana if it is too thick). Drain the water and marinate it with salt, turmeric powder and tamarind pulp/mango powder and keep aside for 15minutes. Take all the above mentioned ingredients "*to powder*" in a mixer and powder them coarsely. If you wish you can include 1tbsp of grated coconut while grinding these ingredients. It is purely optional.

Take a wok, add oil, when hot, add all the seasoning ingredients when splutters add marinated banana pieces and powdered masala and little water and cook until soft. Serve hot with Rice, chapati.



OM SHANTI