

# Raw Banana Curry

Serves 4, cooking time: 30 mins

## Ingredients:

- 5 to 6 raw green bananas
- 1 tbsp of cold-pressed coconut oil
- 1 onion, chopped
- 1 – 2 red chillies soaked, dried and made into a paste
- 4 – 5 cloves of garlic
- ½ tbsp of fresh turmeric grated, or 2 tsp of Immunity powder
- 2 tbsp of grated fresh ginger/adrak
- 1 tsp of jeera/cumin
- 2 tsp of mustard/rai seeds
- 2 cups of fresh coconut/nariyal milk
- 2 tbsp of fresh tamarind/imli paste
- 4 to 5 tbsp of chopped coriander/dhaniya
- 4 to 5 tbsp of chopped basil
- salt as per taste

## Method:

1. Take a pot, fill it with water and add the bananas (single piece separately).
2. Bring it to boil for 15 - 20 minutes.
3. Once you see the banana losing its colour, turn off the gas and keep it aside.
4. Once it is cooled completely, peel and chop into cubes evenly.
5. In a pan, take coconut oil; add jeera, mustard seeds, onions, garlic, ginger, turmeric, and red chilli paste.
6. Let it cook for 10 minutes.
7. Now, stir in the chopped bananas; add coconut milk and tamarind paste.
8. Cover it with the lid, and let it cook well on a slow flame for 5 to 6 minutes.
9. Add coriander, basil, and salt as per taste.
10. Serve hot with rice or roti.

## Variations:

- If the gravy looks too thin, add some sattu flour mixed with water.
- Add other vegetables along with the banana for more flavour.



### Variations:

- Never keep the open-cut banana in the open for too long as it gets oxidized and turns black.
- Immediately boil the banana in water and cook till mushy. Once cooled, peel it immediately and use.
- Raw bananas contain two types of fibre - resistant starch and pectin which makes one feel fuller.
- They also help in controlling sugar levels post meals.
- They are rich in potassium, and help in better iron absorption.
- They work as an excellent probiotic, feeding the friendly bacteria in the gut.

Disclaimer: In case of kidney diseases and high potassium levels, please be mindful of its consumption.

Like something sweet? Then, try Raw Banana Flour Pancakes.

