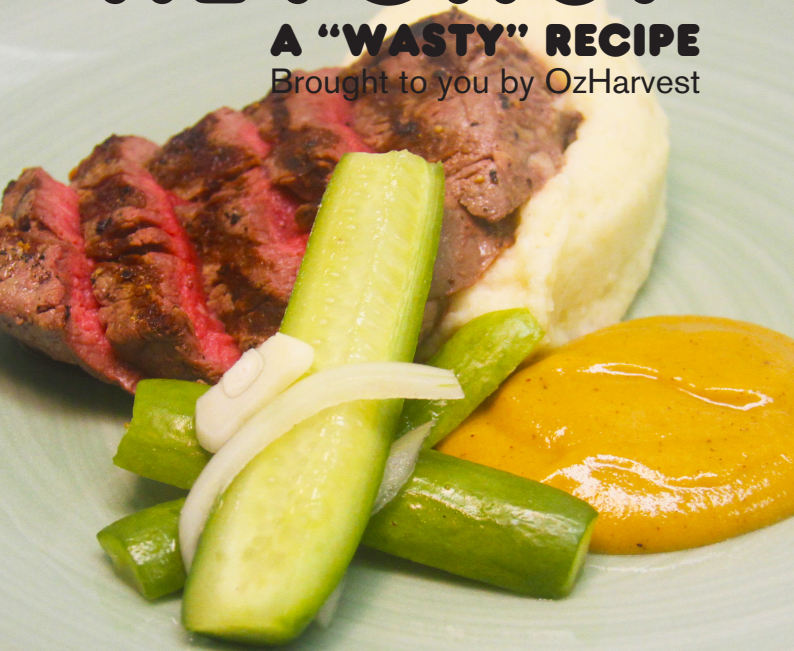


SPOTTY BANANA KETCHUP

A “WASTY” RECIPE

Brought to you by OzHarvest



SPOTTY BANANA KETCHUP



Prep time



Cook time



Cups

NEED

2 tbsp oil

1 cup diced onion

2 tsp minced garlic

1 tbsp jalapeno chopped

2 tsp ginger finely grated

1/2 tsp ground turmeric

1/4 tsp freshly
ground all spice

1 tsp black mustard seed

2 spotty ripe bananas

1/2 cup white vinegar

1 tbsp tomato paste

1 tbsp soy sauce

2 tbsp honey

salt to taste

HOW

1. Heat Oil.
2. Soften onion.
3. Add tomato paste and cook for 1-2 minutes.
4. Add chilli, garlic, ginger turmeric, all spice and mustard seeds and cook until fragrant.
5. Add bananas, vinegar, soy sauce and honey and cook for 15 minutes.
6. Blend until smooth.
7. Add water and salt for consistency and seasoning to taste.

TOP FOOD SAVING TIP:

The best way to freeze bananas is to peel, chop and place in a zip lock bag. Frozen bananas are also great in smoothies and banana bread.



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