Banana Flower Salad With Green Tea With Jasmine

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Lindsey from Immunity inspired by tea challenge

- Sub Category Name
  Food
  Savory
- Recipe Source Name
  Immunity Inspired by Tea Recipes
- Festivities Name
  Autumn
  Spring
  Summer
  Winter

Used Teas

Green Tea with Jasmine Petals

Ingredients

Banana Flower Salad With Green Tea With Jasmine

- 1 Banana Flower Heart, sliced finely
- 1 Shallot, sliced finely
- 1 tsp Jaggery

- Juice of 1 lime
- 2 tbsp Fish Sauce
- Small bunch of Coriander Leaves, chopped roughly
- 2 Chillies, sliced finely
- Handful of Beansprouts
- Small handful of Sea Grapes/Sea Caviar
- 100g Prawns, peeled and cooked
- 1 tsp Chillie Paste
- 250ml Coconut Milk
- 4 Kaffir Lime Leaves, sliced finely
- 2 bags Dilmah's Green Tea with Jasmine

Methods and Directions

Banana Flower Salad With Green Tea With Jasmine

1. Heat coconut milk with 1 Dilmah green teabag and, allow to infuse and cool completely.
2. Wash the sea grapes and leave them to sit in a cup of chilled Dilmah green tea to infuse and plump up (set some aside for garnishing)
3. Prepare the finely sliced banana flower heart by leaving it in some water with lemon juice to avoid discoloration. Set aside the outer leaves for serving.
4. Add the fish sauce and jaggery into a large bowl, and mix well until the jaggery dissolves completely
5. Next, add the coconut milk and chillie paste to the fish sauce mix, followed by the sliced shallots, prepared banana flower, coriander leaves, chillies, beansprouts, prawns and two of the finely sliced kaffir lime leaves.
6. Mix it all together and spoon the mixture into the outer banana leaves. Top with the remaining chopped kaffir lime leaves and the sea grapes

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