

# Banana Flower Salad With Green Tea With Jasmine





0 made it | 0 reviews

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
- Activities Name Immunity Inspired by Tea Recipes

### **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

ALL RIGHTS RESERVED © 2025 Dilmah Recipes | Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 07/12/2025

2/2