



Banana Flower Salad

Serves 2

Ingredients

Banana flower	150 g
Beetroot, cooked	50 g
Mango, green	50 g
Wakame	50 g
Coriander leaf chopped	5 g
Mint leaf, chopped	5 g
Shallot, finely sliced	3 g
Lime juice	10 ml
Sesame seed	3 g
Chilli powder	Dash
Lemon grass, finely sliced	5 g
Spring onion sliced	5 g
Sea salt	1 g
Coriander	20 g

Method

Remove the hard outside layer of the banana flower and cut the inside flesh into fine strips. Slice the cooked beetroot and green mango into fine strips.

Place all ingredients into a bowl and mix well. Taste to check and adjust the flavour before serving.

Place salad mix onto the centre of your serving plates and garnish with additional fresh coriander and mint leaves.

Chef's Tip:

You can easily turn this recipe into finger food, just by wrapping small bite-size portions in salad leaf (try red or green oak, or cos) and securing with a toothpick.

Recipes for Healthy Living

"Let food be thy medicine and medicine be thy food." Hippocrates

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here: www.kamalaya.com/recipes.htm

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