



## PLANTAIN BANANA & GREEN BANANA SALAD

### □ **Ingredients (serve 4) :**

- 2 firm yellow plantain bananas
- 3 green bananas
- 1 clove of crushed garlic
- 1 red onion
- 1 or 2 soup spoonfuls of fresh coriander
- 45 ml of oil
- 1 soup spoonful of vinegar • salt • black pepper

### **RECIPE**

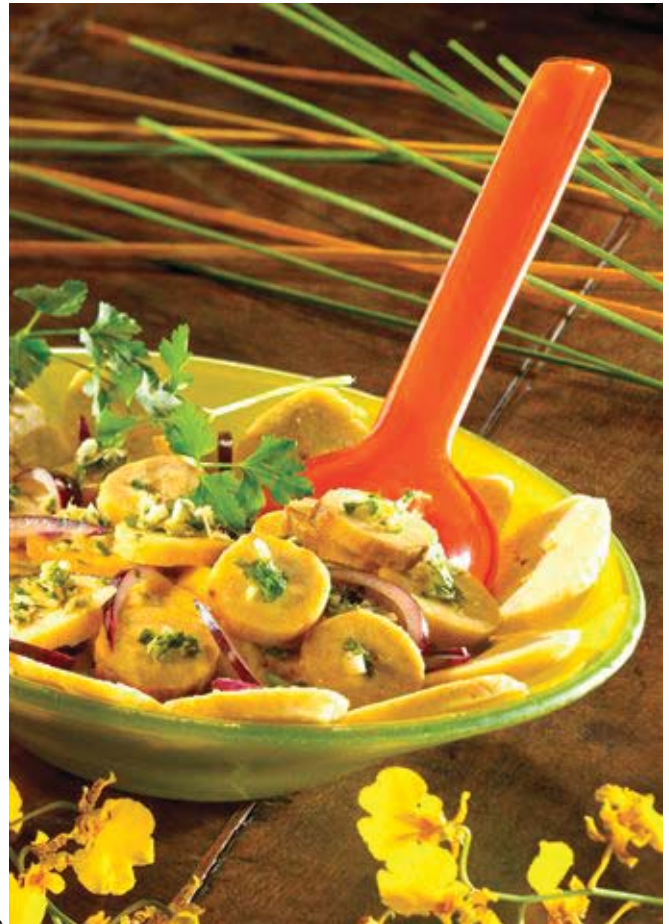
1- Carefully cut off the skin of the plantain bananas and the green bananas, following their natural lines. Then cut them into two (crossways) and place them in a large saucepan.

2- Cover with salted water and bring them to the boil. Leave them to simmer for 20 minutes until the bananas are tender. Drain off the water and allow to cool. As soon as they are cool enough, peel and cut all the bananas into average-sized slices.

3- Place the slices into a salad bowl with the crushed garlic.

4- Finely chop the red onion and add to the bananas with the coriander, oil, vinegar, salt and pepper. Mix carefully and then serve!

Bon appétit.



Other entrées :

