

GRILLED GREEN BANANAS, CASSAVA & SWEET POTATOES STARTER

□ **Each recipe serves 2:**

“GRILLED GREEN BANANAS & ITS COCONUT SAUCE”

For the Coconut Sauce, you will need:

- 1 small coconut, grated
- 1 tbsp of lemon juice
- 1 tbsp of fresh chopped coriander
- 2 tbsp of RACINES Coconut milk
- salt and pepper to taste • a pinch of chilli powder

1- Combine grated coconut, lemon juice and coconut milk. Blend until thick.

2- Add fresh chopped coriander, salt and pepper and a pinch of chilli powder.

For the Grilled green bananas, you will need:

2 green bananas, peeled and washed

1- Rub bananas in cooking oil, sprinkle with salt and grill until tender and well browned.

2- Serve with coconut sauce.



“GRILLED CASSAVA & ITS CHACHANDU SAUCE”

For the Chachandu Sauce, you will need:

- 2 ripe tomatoes peeled and seeded • 1 onion finely chopped
- 2 green chillies, finely chopped
- 2 tbsp of lemon juice
- salt and pepper to taste

1- Blend the tomatoes.

2- Combine with remaining ingredients and stir well.

For the Grille cassava, you will need:

2 pieces of cassava, peeled and washed

1- Cut into long stick strips, brush with cooking oil, sprinkle with salt and grill until tender and well browned.

2- Serve with Chachandu Sauce.

“GRILLED SWEET POTATOES & ITS YOGHURT and MANGO SAUCE”

For the Yoghurt and Mango Sauce, you will need:

- 1 ripe mango
- 3 tbsp of plain yoghurt
- 1 tbsp of lemon juice • 1 tsp of salt
- a pinch of black pepper

1- Combine all ingredients together and stir well.

For the Grilled sweet potatoes, you will need: 2 sweet potatoes, peeled and washed

1- Cut into long thick strips, brush with cooking oil, sprinkle with salt and grill until tender and well browned.

2- Serve with Yoghurt and Mango Sauce.

Enjoy!