



## Bananas stuffed With Sweet spicy Tamarind & Coconut

Prep: 10 Mins  
Cooking time: 20 Mins

### Ingredients

3 to 4 medium (six inch) Bananas

### Stuffing

3 TblSp Grated (Desiccated) Coconut  
2 TblSp Ground Almonds

1 Tsp Finely chopped fresh Mint  
1 Level Tsp Salt  
1 Level Tsp Garam Masala  
Pinch of Red Chilli Powder  
1 Tsp Fennel Seeds

2 TblSp Water  
1 Tsp Tamarind Concentrate

### Basting Sauce

2 TblSp Maple or Agave Syrup  
Juice of Half an Orange  
Dash of Lime Juice  
1/2 Tsp Fresh Grated Ginger

### Preparation

1. Chop the Mint, Coarsly Crush the fennel seeds and grate the ginger.
2. Preheat the oven at 200c

### Method

#### Make the stuffing

1. Use a medium sized bowl
2. Add Grated Coconut, Ground Almonds, Chopped Mint, Salt, Garam Masala, Red Chilli, Crushed Fennel Seeds. Mix around.
3. Use a small bowl, add the 2 TblSp Water & Tamarind and mix/dissolve well.
4. Add the tamarind water to the bowl and mix well into thick, moist paste.

#### Make the Basting Sauce

1. Using a small bowl.
2. Add the Maple syrup, Juice of Half an Orange, Dash of Lime & grated ginger.
3. Mix together well

#### Stuff the Bananas

1. Peel Banana, slice the middle, keeping the ends and base of the banana intact (So a "banana boat" is made - when you run your finger gently through the cut)
2. Using a small teaspoon, gently stuff the stuffing inside (the cut of) the banana.
3. Repeat Steps 1 to 2 until all the stuffing is used up

#### Baste and Cook

1. Place the stuffed bananas on a baking tray
2. Using a teaspoon, drizzle the basting sauce along each banana length ways.
3. Place tray in the oven for 10 minutes
4. Using care, remove the tray from the oven.
5. Use a teaspoon and baste each banana with the sauce that is on the tray
6. Place the tray back in the oven for a further 10 Mins (total cooking time 20 Mins at 200c)

#### Ready! Serve with...

With Vegan Soya cream, Swedish glace, or drizzle some maple syrup over them