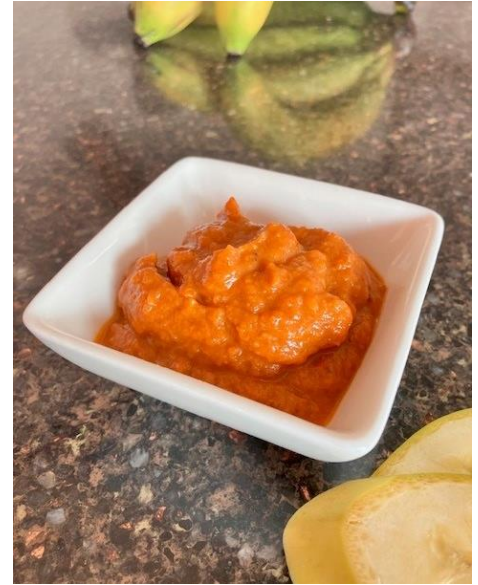


Banana Ketchup

Ingredients

- 1 tbsp oil
- 2 garlic cloves, chopped or crushed
- ½ small onion, finely chopped
- Small piece fresh ginger, finely grated
- 2 bananas, top and tail, skin on and chopped
- 2 tbsp tomato puree
- ½ tsp paprika
- Pinch chilli flakes or powder
- Pinch cayenne pepper
- 1 tbsp brown sugar
- 1 tbsp vinegar
- 1 tbsp water



Serves 4 - 6

Method

1. Heat the oil in a saucepan and add the onion, garlic and ginger. Cook gently for 2 - 3 minutes, stirring so the garlic doesn't burn.
2. Add the chopped bananas, with their skins, to the pan with the tomato puree, paprika, chilli and cayenne pepper. Stir in the sugar.
3. Add the vinegar and water to the pan, stirring well. Increase the heat to bring the mixture to the boil, then reduce the heat to simmer for 25 - 30 minutes, stirring occasionally.
4. Remove the pan from the heat and use a stick blender or transfer the mixture to a blender and whizz the ketchup until completely smooth. Cool, then serve as a dipping sauce for fritters, crisps raw veg strips or chips.

Top Tips

Why waste the banana skin when it adds so much to this recipe.

Packed full of extra fibre, calcium, phosphorus and potassium this ketchup makes for a very nutritious addition to any meal.

Store the Banana Ketchup in an air-tight container in the fridge for up to a week, or double up and make a batch to freeze in small amounts for up to 3 months.



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