

Banana Skin Fritters

Ingredients

4 Banana Skins, washed and dried
120g Chickpea or Plain Flour
2tbsp Rice Flour (optional)
1tsp Chilli Powder
1/2tsp Turmeric
1tsp Ground Cumin
1tsp Salt
Water, as needed
Oil, for frying

Equipment

Knife or Scissors
Mixing Bowl
Deep Frying Pan
Baking Tray (optional)



Serves: 10 - 12
Prep Time: 10 minutes
Cook Time: 20 - 30 minutes

Method



1. Using a knife or scissors, cut the banana skins into thin strips and place in a mixing bowl. Stir in the dry ingredients, until the strips are evenly coated.



2. Gradually stir in enough cold water to create a sticky, thick batter around the banana skins.



3. Heat the oil in a deep frying pan. The oil is hot enough when a little of the batter put into the pan sizzles. Carefully place the banana skins into the oil, taking care not to overcrowd the pan. Cook for 3 - 5 minutes, or until the fritters are golden and crisp. You will need to cook the fritters in batches, transferring the cooked ones to a baking tray lined with kitchen paper to absorb excess grease.



4. Keep the fritters warm in a low oven or serve immediately with mango chutney or a yoghurt dip.



Thank you for cooking with us!

Share your photos with us on social media and tag @UKHarvest
or email them to info@ukharvest.org.uk

Banana Skin Fritters

Top Tips

Use the banana flesh mashed on to toast for a delicious, healthy breakfast.

For a healthier option, cook the fritters on a baking sheet in the oven at 160°C for 15 - 20 minutes or in the air fryer at 200°C for 10 - 15 minutes, turning the fritters during cooking until crisp and golden.

Serve these delicious savoury fritters with mango chutney or a minty yoghurt dip.



Thank you for cooking with us!

Share your photos with us on social media and tag @UKHarvest
or email them to info@ukharvest.org.uk