

# *Banana Flower Salad*

Begin by soaking 1 large handful of very thinly sliced banana flower in water with lemon for about 30 minutes. This removes bitter taste and throat tickle.

In a bowl add and mix:

- 1 T homemade chili paste
- 1 T simple syrup
- 1 T soy sauce
- 1 T smooth chili paste
- 1 T coconut milk
- 1 T green onion
- 1 T ground peanut
- 1 thinly sliced Kaffir lime leaves
- 2-4 small lemongrass slices

Mix all, top with additional coconut milk and mint leaves to serve

Can also be made with okra or pre-boiled bitter melon

