



Altertrade Philippines Inc.

HEALTHY - FOOD Recipes

Banana Blossom with Coconut Milk

🔪 Prep time: 10 mins
🕒 Cook time: 20 mins
⌚ Total time: 30 mins
🍴 Serves: 4

Ingredients

2 tablespoons Olive oil
2 cloves garlic, minced
1 medium onion, sliced
1 1-inch piece ginger, sliced
2 pieces puso ng saging (banana blossom),
sliced into strips
1 400-ml can coconut milk (gata) salt, to taste
2 to 3 pieces finger chillies (siling pang-sigang), Optional

Instructions

- Heat oil in a medium-sized pan and saute garlic, onion and ginger.
- Add the puso ng saging and coconut milk. Let it simmer for 10 minutes.
- Season with salt and pepper. Allow to simmer again for 10 minutes until the coconut milk is reduced by half.
- Add chillies before serving, if using.
- Best serve with hot Brown Rice.



Share and enjoy!

Facebook: @AlterTradeMascobado
Visit: www.altertrade.ph

