



# BIN TO PLATE

## AVO PIP MOLE..

### Ingredients:

- 8 avocado pips
- 50ml oil
- 2 onions
- 8 cloves garlic
- 50ml sushi vinegar
- 1 large carrot
- 100g parsley
- 100g ginger
- 2 chillies
- 400ml vegetable stock
- 50g Coriander
- Zest and juice of 3 limes
- Salt and pepper

Roast off all of the vegetables and avocado pips and the stalks of parsley with a sprinkle of salt and pepper and the oil until they are well roasted..

Cool the vegetables till warm, peel the skins off the pips and discard the skins, blend with all the other ingredients in a bar blender or thermomix that you dislike or that isn't yours, even more preferably a blender that you stole from someone you don't like until smooth. Add more stock or water to get a consistency of a nice puree.

Adjust seasoning to make it taste nice.

## CRISPY BANANA SKINS

- Skins of 4 bananas
  - 2c plain flour
  - 3c oil for frying
- Seasoning mix:
- 10g salt
  - 10g icing sugar
  - 2g chili powder
  - 5g sumac

In any blending device or bowl mix the seasoning well

Heat oil to 180degrees celsius in a small pot

Fillet the pith out and discard, slice the peel thinly, 2mm is good.

Place peel in a saucepan with 2L of cold water and bring to the boil without a lid, then drain very well and place into the flour a mix/coat well.

Carefully drop skins into oil a few at a time and fry until the flour is golden brown, then scoop out the skins onto paper towels.

