

# ELIZE'S BANANA AND ONION SALAD (WITHOUT MAYONNAISE)



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20 ml butter

3 onions, sliced in rings

750 ml boiling water

30 ml cake flour

30 ml curry powder

5 ml mustard powder

125 ml water

125 ml white wine vinegar

3 ml salt

3 ml pepper

45 ml brown sugar or 50 ml golden syrup

8 bananas

2 hard-boiled eggs, sliced (optional)

Heat the butter in a pot and fry the onions until soft. Add the boiling water.

Mix the remaining ingredients except the bananas and eggs, and add to the onions.

Stir constantly until the mixture comes to the boil and thickens slightly. Leave to cool.

Slice the bananas and add to the sauce.

Add the hard-boiled eggs (if using).

Recipe and photo: Elize de Kock