



## *Spicy Banana Zucchini Balls*

1 1/2 zucchini  
1 large banana  
1 egg  
2 teaspoons turmeric  
3 tablespoons honey  
1 teaspoon curry powder  
2 teaspoons crushed chilli pepper  
1/4 teaspoon baking soda  
1/2 cup panko breadcrumbs  
1/2 cup flour (or more if required)  
vegetable oil for frying

1. **Scrub the zucchini with a vegetable brush and gently rub the banana while holding under cold running water. Cut the ends off the zucchini on your produce cutting board.** Using a grater, coarsely grate the zucchini and squeeze dry. **Peel the banana and chop finely on your produce cutting board.**
2. Break the egg into a small clean bowl and beat. **Be sure to wash your hands after handling the raw egg.**
3. Place all ingredients into a large bowl and mix with a wooden spoon until a soft dough forms. Add more flour if needed.
4. In a large skillet, heat vegetable oil on medium heat to 350°F. Drop a teaspoonful of dough into the hot oil and fry until brown. Turn the zucchini ball to ensure an even browning. Make sure your oil is not too hot or your zucchini balls will get too brown.
5. Remove zucchini ball from skillet when browned and drain on a paper towel. Repeat with the rest of the dough.



### *Additional Food Safety Notes Related To This Recipe*

- Check your refrigerator thermometer, making sure that the refrigerator is not warmer than 40°F.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Follow the 2 hour rule. The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and date.

#### Recipe Source

<http://www.cafenilson.com/2009/07/royal-foodie-joust-spicy-banana-zucchini-balls/>