

Vegan BLT

This vegan BLT features banana peel instead of bacon as the main ingredient. It's a great recipe for demonstrating how you can limit your food waste!



Ingredients

Banana peel bacon:

- 2 Banana Peels (very ripe)
- 2 tsp Soy Sauce
- 2 tsp Maple Syrup
- 2 tsp Smoked Paprika
- 1/2 tsp Garlic granules
- 1/2 tsp White miso paste
- 1 1/2 tsp Brown sugar
- Sunflower oil
- Seasoning

To serve:

- Iceberg Lettuce
- Beef Tomatoes
- Ciabatta loaf (Halved)
- Vegan Mayonnaise

Method

To make the banana bacon

- Start by preparing the marinade, mix together all the ingredients except the banana peel in a bowl.
- Once complete, peel each banana peel into four long pieces and scrape the insides out using a spoon. Now add the peel to the marinade and leave to soak for a minimum of 20 minutes, but the longer you allow the better your results will be!
- Heat a frying pan and then add the slices of peel to the pan, also adding any remaining marinade.
- Fry the peel for a couple of minutes on either side until they become crispy. Finally remove them from the pan and leave to cool on a paper towel.

For the sandwich

- Slice your ciabatta loaf in half and then spread the vegan mayonnaise over each piece and add your bacon pieces to one half.
- Next, slice your tomatoes and layer over the top and then add your lettuce and place the top half of the bread on top. Enjoy!