

Banana and Sweet Potato Curry

Ingredients:

Makes 3-4 serves

2 tablespoons oil, divided
4 ripe bananas, cut into ½-inch pieces
1 medium onion, chopped
4 garlic cloves, chopped
1 2cm piece of ginger, chopped
1 can coconut milk
2 tablespoons curry powder
1 teaspoon sea salt
1 medium sweet potato, chopped
Coriander or Cilantro, to serve



Optional additions

4 cups chopped cauliflower
1 can chickpeas

Directions:

Heat 1 tablespoon of the oil over medium-high heat in a large, non-stick pan. Add the bananas, cut sides facing down. Cook for 2-3 minutes, or until they are well browned. Flip them over and cook for another 2-3 minutes. Remove them from the pan.

Add the remaining tablespoon of oil, onion, garlic, and ginger to the pan. Cook until the onion is translucent, about 3 minutes.

Transfer the onion mix to your blender. Add ½ cup of the cooked bananas, the coconut milk, curry powder and salt, blend on high speed until smooth.

Pour the sauce into a large pot over medium-high heat. Add the cauliflower, sweet potato, and chickpeas and bring the curry to a boil. Reduce the heat and simmer, uncovered, until the vegetables are tender, about 15 minutes. Stir the remaining caramelized bananas into the sauce then serve with cilantro sprinkled on top

More information:

If no curry powder available – can use yellow curry paste (mild flavour)