

banana curry

Ingredients

4 ripe bananas
1 medium onion
4 cloves garlic
2 inch piece of ginger
15 oz. can of coconut milk
1 tsp. salt
olive oil
2 Tbsp. curry powder
rice
your choice of vegetables

Instructions

1. Slice banana.
2. Heat oil in a pan and add slices of banana. Cook for 2 - 3 minutes or until brown on each side. After browning, remove from pan.
3. In another pan, sauté onions, garlic and ginger until onions are translucent.
4. Transfer onion mix and bananas to blender. Add coconut milk, curry powder and salt. Blend until smooth.
5. Serve on rice or with vegetables.
6. Enjoy!

