

BANANA CURRY

2 tbsp sunflower/coconut oil
3 firm bananas - you want them to hold their shape
½ cup finely sliced onion
1 tbsp fresh grated ginger
1 clove garlic - crushed
1 finely chopped fresh chilli...or as many as you like or leave out
2 tbsp Thai red curry paste - a cheat I know but if you have time make your own....you could use any curry paste if you enjoy.
400ml coconut milk
400ml vegetable stock
1 tbsp soy sauce
200g red lentils
1 level tsp ground turmeric.

Place a little oil in a pan, heat it, and caramelize the sliced banana - until slightly brown, and then remove and set aside. Takes about 7mins. If they look like they are going mushy, turn up the heat.

Add a little more oil to the pan and add the onion and cook until really done but not brown.

Add the ginger, garlic, chilli, curry paste and cook for about a minute or two.

Add the coconut milk, stock, soy, bring to a simmer and then add in the rinsed lentils. Season with salt and pepper. Add the turmeric. Cook for about 10 to 15 minutes until the lentils are soft.

Put in the bananas just before serving so they warm through again.

Serve with rice and your favourite vegetables.

This curry will keep in the fridge, covered, for up to 3 days. It will also freeze well...although the bananas will go mushy but that's okay ... the flavour is still there!