

Banana Curry with Rice

A flavorful and aromatic curry made with ripe bananas and served over steamed rice.



Main Dish

20 min

Total time

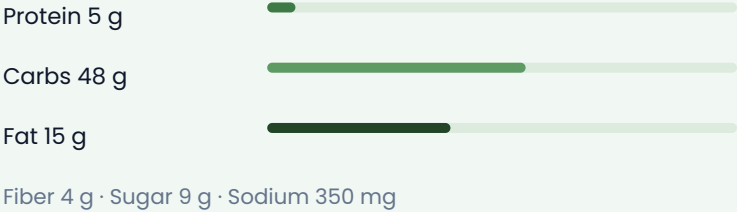
Easy

Difficulty

350

kcal / serving

Nutrition per serving (estimated)



Ingredients

- 1 ripe banana
 - 1 cup cooked rice
 - 1 tablespoon vegetable oil
 - 1 small onion, finely chopped
 - 2 cloves of garlic, minced
 - 1 teaspoon ginger, grated
 - 1 teaspoon curry powder
- 1/2 teaspoon turmeric powder
 - 1/2 teaspoon cumin powder
 - 1/2 teaspoon coriander powder
 - 1/4 teaspoon chili powder (optional)
 - 1/2 cup coconut milk
 - Salt to taste
 - Cilantro leaves for garnish

Steps

- Heat oil in a pan and sauté the onions until golden brown.
- Add garlic and ginger, and cook for another minute.
- Add the curry powder, turmeric powder, cumin powder, coriander powder, and chili powder (if using). Stir well to combine.
- Mash the ripe banana and add it to the pan. Stir well to coat the banana with the spice mixture.
- Pour in the coconut milk and bring the mixture to a simmer. Cook for 5–7 minutes, stirring occasionally.
- Season with salt to taste.
- Serve the banana curry over steamed rice and garnish with cilantro leaves.

Substitutions

Coconut milk – Unsweetened canned coconut cream thinned with water to a pourable consistency

Cilantro leaves – Chopped flat-leaf parsley

Vegetable oil – Neutral canola oil

Cooked rice – Cooked basmati rice

Chef's tips

- The curry should look glossy and thick enough to cling to the rice; a very loose sauce can make the serving watery.
- Use a ripe but still firm banana; an overripe one can dissolve into the sauce and make it unusually sweet.
- Have the spices measured before cooking, since they can catch quickly once they hit the hot oil.

Drink pairing

A dry, aromatic white wine such as Riesling

Its bright acidity and fragrant fruit complement the creamy coconut sauce and warm spices.

0% option: Sparkling water with lime

Storage

Refrigerate curry and rice separately within 2 hours, in covered containers, for 3–4 days. Reheat until steaming hot; the banana may soften further.

Frequently asked questions

How can I tell when the curry is ready?

The sauce should be cohesive and glossy, with the banana softened but not completely lost in the sauce.

Can I make the curry ahead?

Yes. Make it up to 3–4 days ahead and refrigerate promptly; its texture will be softer after storage. Keep the rice separate.

What should I serve alongside it?

A crisp cucumber salad or simply cooked vegetables make a fresh contrast to the creamy, gently sweet curry.