

Caramelized Banana Chicken

A savory and sweet delight featuring succulent chicken paired with caramelized bananas for a unique flavor experience.



Main Dish

30 min

Total time

Intermediate

Difficulty

400

kcal / serving

Nutrition per serving (estimated)

Protein 32 g

Carbs 35 g

Fat 14 g

Fiber 3 g · Sugar 21 g · Sodium 500 mg

Ingredients

- 1 chicken breast
- 1 ripe banana
- 1 tablespoon brown sugar
- 1 tablespoon butter
- Salt and pepper to taste

Substitutions

Chicken breast – Use an equal-sized boneless, skinless chicken thigh; it may need a little longer to cook through.

Butter – Use the same amount of neutral cooking oil for browning, though the finished dish will have less buttery flavor.

Brown sugar – Use the same amount of granulated sugar; the banana may have a slightly less molasses-like flavor.

Steps

- 1 Season the chicken breast with salt and pepper.
- 2 In a pan, melt butter over medium heat.
- 3 Add the chicken breast and cook until golden brown and cooked through.
- 4 Slice the banana and sprinkle brown sugar over the slices.
- 5 Add the banana slices to the pan with the chicken, and cook until caramelized.
- 6 Serve the chicken topped with the caramelized bananas.

Chef's tips

- Choose a banana that is ripe but still firm; very soft fruit can collapse into the pan.
- The banana is ready when its cut surfaces look glossy and amber-edged, but before the sugar turns very dark.
- A wide skillet gives the chicken and banana room to brown; crowding can leave the fruit soft rather than caramelized.

Drink pairing

A dry, lightly oaked Chardonnay

Its rounded texture complements the buttery chicken, while its crispness balances the banana's sweetness.

0% option: Chilled sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the banana will soften further.

Frequently asked questions

How can I tell when the chicken is cooked through?

Cut into the thickest part: it should be opaque throughout with no pink center, and the juices should run clear.

Why did my bananas turn mushy?

They may have been very ripe or cooked too long. Use a firm-ripe banana and stop once the slices look glossy and lightly browned.

Can I prepare this ahead?

It is best cooked just before serving, since the banana softens as it sits. You can season the chicken shortly ahead and keep it refrigerated until cooking.