

Spicy Banana Oatmeal Stir-Fry

A unique and flavorful main dish that combines the sweetness of bananas with the spicy kick of peppers. This stir-fry is made with a blend of ketchup and mustard, and served over a bed of hearty oatmeal.



Main Dish

15 min

Total time

Medium

Difficulty

250

kcal / serving

Ingredients

- Ingredients for 1 person:
- 1 ripe banana
- 1 tablespoon ketchup
- 1 teaspoon mustard
- 1/2 cup cooked oatmeal
- 1/4 cup sliced peppers
- Salt and pepper to taste

Steps

- 1 Steps:
- 2 In a pan, heat some oil over medium heat.
- 3 Add the sliced peppers and sauté for 2-3 minutes, until slightly softened.
- 4 Slice the banana into thin rounds and add them to the pan. Cook for another 2 minutes, stirring gently.
- 5 In a small bowl, mix together the ketchup and mustard. Pour the sauce over the banana and peppers, stirring to coat evenly.
- 6 Reduce the heat to low and simmer for 2-3 minutes, until the sauce thickens slightly.
- 7 Season with salt and pepper to taste.
- 8 Serve the spicy banana stir-fry over a bed of cooked oatmeal.