

Caramelized Bananas in Coconut Milk

Serving 2

INGREDIENTS:

2	medium sized bananas
40 gr	Butter
40 gr	palm sugar or whichever sugar you have available (any sugar will do)
100ml	coconut milk
1/2	juice of 1 lime

Vanilla ice cream (optional)

PREPARATIONS:

1. *Peel the bananas and slice them in half lengthways.*
2. *Melt the butter and sugar in a frying pan and heat them until they are bubbling.*
3. *Add the bananas and let them get caramelised on one side, don't move the pan around. Keep the pan hot but be careful not to burn the sugar and butter.*
4. *It should take a couple of minutes to get the banana nice and brown then turn them over, they should still be slightly firm at this point.*
5. *Immediately add the coconut milk and squeeze over the lime juice.*
6. *Swirl the pan around to incorporate the butter, sugar, coconut and lime so they become a beautiful sauce. Check the flavour and add more lime or coconut if needed/wanted.*
7. *If you want a thicker sauce than you have at this point then I recommend you take out the bananas and reduce it a little. If the bananas are left in too long they will be too mushy.*
8. *Place the bananas on a plate and spoon over the sauce. Finish with a scoop of ice cream and garnish with a little lime zest or toasted coconut.*