

# Banana pikelets with berry sauce

**Serves 2**

## Ingredients

### Banana pikelets

1 large banana, peeled, mashed

1 egg

1 tablespoon oil

### Berry sauce

1 cup fresh or frozen berries

2 tablespoons water

## Method

### Banana Pikelets

1. Place banana and egg into a bowl and mix together using a fork.
2. Heat  $\frac{1}{2}$  tablespoon of oil in a non-stick frying pan over medium heat.
3. Place 3 to 4 tablespoon amounts of mixture into the pan. Avoid overcrowding.
4. Cook pikelets for 1 minute on one side or until bubbles appear on the surface. Turn using a spatula and cook the other side for 1 minute or until golden.
5. Transfer pikelets to a plate.
6. Add rest of oil to the pan, then repeat steps 3 to 5 until mixture is finished, then turn off heat.
7. Serve with berry sauce on top.

### Berry sauce

1. Place berries and water into a saucepan.
2. Heat slowly over low heat with the lid on until berries have thawed and are bubbling a little.
3. Remove lid and continue to cook over a low heat until most of the liquid has evaporated.
4. Spoon sauce on top of pikelets.

## Serving suggestions

- Garnish with fresh mint.
- Serve with 2 tablespoons of reduced-fat plain yoghurt.



## Equipment

-  Cutting board and fork
-  Measuring cups
-  Measuring spoons
-  Non-stick frying pan
-  Saucepan with lid
-  Spatula or fish slice

## Preparation and cooking skills

Fry, mash, mix, reduce and thicken.

## Nutrition

- Fruit like bananas and berries contain dietary fibre which is good for your digestive system and helps you to feel full.