

STARTER & SNACK

Tempura Bananas with Coconut-Green Tea Sauce

17 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
15 min	5 min	10 min	4	\$2.42	488 kcal



Forget going out to eat or ordering takeout every time you crave Japanese food.

Ingredients

- ☐ 2 large bananas, ripe
- ☐ 4 green tea bags
- ☐ 1 cup ice water
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 scoop coconut sorbet (recommended: Ciao Bella)
- ☐ 1¼ cups tempura batter mix (recommended: Shir-Akika)
- ☐ 1 pinch cayenne pepper
- ☐ 1 cup heavy cream
- ☐ 4 servings Fresh mint sprigs, for garnish
- ☐ 4 servings Fresh raspberries, for garnish
- ☐ 4 servings Vegetable oil, for frying

EQUIPMENT Bowl, Sauce pan

Method

- 1 Slice bananas diagonally, 1/4-inch thick; set aside.
- 2 Put ice water in a medium bowl. Stir in tempura batter mix, pumpkin pie spice, and cayenne pepper. Do not over stir. (Batter will be thin and lumpy.)
- 3 Heat 2 inches of oil in medium saucepan to 350 degrees F. Working in batches, dip sliced bananas in batter then slide into hot oil. Fry for 2 to 3 minutes or until golden brown.
- 4 Remove from oil and dust with powdered sugar.
- 5 For the Coconut-Green Tea Sauce
- 6 In a small saucepan, over medium heat, bring cream to barely a simmer. Reduce heat to low and add tea bags. Steep for 8 minutes.
- 7 Remove bags and stir in coconut sorbet until melted.
- 8 Serve hot Fried Bananas in a small pool of Coconut-Green Tea Sauce.
- 9 Garnish with fresh berries and mint.

Nutrition per serving

	488	5 g	25 g	62 g
	KCAL	PROTEIN	FAT	CARBS
Saturated Fat				14.3 g · 89% of daily needs
Fibre				6.4 g · 25% of daily needs
Sugar				16.8 g · 19% of daily needs
Sodium				129 mg · 6% of daily needs
Cholesterol				67.2 mg · 22% of daily needs
Vitamin C				22.7 mg · 27% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/tempura-bananas-with-coconut-green-tea-sauce-143245](https://www.whatsheate.com/tempura-bananas-with-coconut-green-tea-sauce-143245)