

# JO & DARWIN'S ECUADORIAN PLANTAIN FRITTERS

## INGREDIENTS (6 SERVINGS)

- 6 green plantains
- 1 carrot, peeled and diced
- 2 red peppers, seeds removed and diced
- 1 onion, peeled and diced
- 1 egg
- 3 tablespoons of peanut butter
- 2 garlic cloves, peeled and finely chopped
- 3 sprigs of fresh thyme, leaves only
- 2 tablespoons of freshly grated ginger
- A small handful of coriander, finely chopped
- 1 tablespoon vegetable oil

## METHOD:

- Preheat the oven to 200°C (180°C fan assisted oven) with a baking tray inside.
- Stir fry the garlic, thyme, ginger, onion, pepper and carrot on a medium heat in 1 tablespoon of vegetable oil for 5 minutes. Add the coriander and remove from the heat.
- Wash 3 of the plantains and cut into thirds; leaving the skin on. Place in a medium pan of boiling water and cook until the flesh is soft (about 15 minutes).
- Drain the plantains, peel and then mash.
- Peel and grate 3 raw green plantains and mix with the cooked ones.
- Add the stir fried vegetables, egg and 3 tablespoons of peanut butter to the plantain mixture and stir.
- Make balls of the mixture with your hands and place them on the preheated baking tray. Cook for around 20 minutes.
- Serve with salsa or drop into a soup like dumplings.



You can use whatever you have in the fridge to go with the plantains - leftover carrots, peppers, onions, spring onions. You can also try adding peanuts or peanut butter (but the recipe works well without it). I like to add chilli and serve with sliced limes.



## WHERE TO FIND IT?

The Platform Café,  
2 Ridgway Road,  
Loughborough Junction,  
SW9 7AH