

GREEN PLANTAIN BOLON WITH VEGAN CHEESE



Ingredients:

- 1 green plantain
- 1 cup sunflower oil
- 1 teaspoon salt
- 1 tablespoon margarine
- 80g shredded vegan cheese (fresh or mozzarella style)

Preparation:

Peel the green plantain with a spoon or knife. Cut it in 3cm cylinders.

In a small saucepan heat the oil at a medium heat. Deep fry the plantain until you see dark veins begin to appear in the center of them.

Take them out of the oil and put them directly on a cutting table. Smash them, add salt, cheese and margarine while still hot and continue smashing it until all ingredients come together.

With your hands shape the mass in a ball shape.

You can serve it for breakfast with eggs of your choice and a good black coffee

RIPE PLANTAIN WITH SAL PRIETA



Ingredients:

1 ripe green plantain (when it turns yellow, almost black)
50g sal prieta

Preparation:

Peel the ripe green plantain or maduro
Make a cut lengthwise
Put it in the oven at 180C for 20 min (or on the grill or air fryer)
Open it in the cut and fill it with sal prieta

HEART OF PALM CEVICHE JIJIJAPA STYLE WITH CRUNCHY QUINOA



Ingredients:

For the Ceviche:

- 1 can of hearts of palm (with water)
- ¼ green pepper
- ¼ red onion
- ¼ tomato
- 1 teaspoon fresh coriander leaves
- ½ avocado
- Juice of 3 limes
- 2 tablespoons peanut paste or butter
- Salt and pepper to taste

For the Quinoa:

- 1 cup dry quinoa
- Water
- Salt

Preparation:**For the Ceviche:**

Drain the hearts of palm but keep the water. Cut the hearts of palms in circles

Cut the tomato, pepper and onion in small dices

In a blender put the water from the heart of palm, the lime juice and the peanut paste. Blend well

Mix this liquid with the tomato, pepper, onion and hearts of palm (save a little bit of each for garnishing)

Add chopped coriander leaves and salt and pepper to taste.

Let it chill for at least 2 hours before serving.

To serve place it in a bowl and garnish it with the rest of the vegetables and the avocado.

For the quinoa:

Boil the quinoa in 3 cups of water. When the water starts to boil change the water, and repeat this process 3 times to make the quinoa less bitter.

The fourth time put salt to taste and boil it for 10 minutes. Drain it and let it cool in the sieve.

Scatter the quinoa on a sheet pan and cook it in the oven or air fryer at 150C for 20 min turning it once during the cooking period. It is ready when it is crispy and golden brown.

Let it cool and save it in an air tight container.

Serve it next to the ceviche to give it an extra crunch and add protein to the recipe! Enjoy!