



# Fried Plantains



prep time  
10 minutes



total time  
40 minutes



servings  
4-6

## Ingredients

- 2 cups coconut oil ~ 8 servings of fat (you won't consume all of the oil, as it is used for frying. You likely only use ½ cup total and the remainder is uneaten)
- 4 green plantains (these need to be green in order to work for this recipe) around 2 pounds ~ 9 servings of carb (treat the same as bananas!)
- Himalayan sea salt

## Instructions

- 1 Take the green plantains and cut the ends off. Use a sharp knife to cut a shallow line down the length of each plantain, making sure you don't cut into the fruit. Remove skin and toss. Then, slice each plantain into half (if it's a larger plantain you can slice in thirds). You want them to be about 2-3 inches in length).
- 2 Heat the coconut oil in a large pan roughly 3" deep. You want the oil to get hot enough to where it sizzles when you put the plantains in, but isn't so hot it's smoking.
- 3 Then carefully lower the plantains into the sizzling oil. The oil should immediately start bubbling around the plantains as soon as it comes in contact. Fry the plantain pieces for 3 to 5 minutes, turning them occasionally, until they turn golden yellow. Transfer the fried plantains to a paper-towel-lined baking sheet to drain off any excess oil. Remove the pan from the heat.
- 4 Place a fried plantain between two pieces of parchment paper. Smash it with two plate surfaces, preferably cutting boards. You can also use two plates, cookie sheets, etc. Press firmly down until you end up with a thin (about ¼-inch thick) plantain patty. Repeat until completed on all the fried plantain pieces. Make sure the patties aren't too thin; otherwise, they'll fall apart when you fry them. But try to press them so they're thin enough so that they'll get properly crunchy.
- 5 Bring the temperature of the oil back up so it sizzles, and fry the plantain pancakes in the oil until crispy, about 5 to 7 minutes. Don't overcrowd the oil: fry about two to three smashed plantains at a time.
- 6 Transfer the fried plantains to a metal cooling rack and repeat the steps above with the rest of the batch.
- 7 Sprinkle coarse salt on top and fresh garlic if desired.



Whole Recipe Serving Breakdown:

0 servings protein  
9 servings carb  
8 servings fat  
0 servings veggies

# simple side dish

