

HEALTHY SNACK RECIPES



Grilled plantain

Ingredients (Serves 4)

- 2 ripe plantains

Equipment

Knife, chopping board and frying pan.

Method

1. Peel plantains by chopping both ends off and making a slit along the whole length of each plantain skin. Slide your thumb under the slit to loosen and remove the skin. Cut each plantain in two crosswise and then cut each piece lengthwise. (You should have 8 pieces altogether.)
2. Grill on a low heat turning occasionally for about 10 minutes or until cooked. (When cooked, plantains are soft inside but not sticky.)
3. Serve warm.

