

Nyam and Go – Fried Green Plantains



Ingredients

- 1 – 2 Green Plantains

Instructions

1. Remove skin from plantain
2. Begin slicing plantain
3. Heat pot and add oil
4. Fry each side of plantain on medium heat for about 2 minutes, or until golden brown
5. Remove from heat and use a rolling pin to crush the plantain
6. Return to pot and fry again for 1-2 minutes so that it cooks evenly
7. Remove from heat and sprinkle salt & pepper (optional)
8. Enjoy immediately

<http://www.thejamaicanmother.com/fried-green-plantains/>