



**Plantain
Four
Ways**

by Jeffrey Boadi



Plantain and sweet potato bowl

This dish was put together on a weekday evening, was bursting with flavour and loaded with nutrients. Enjoy!

Ingredients:

- 1 semi-ripe plantain
- 1 sweet potato (purple orange or white)
- 1/2 red onion
- 1 can kidney beans
- 2 cups chopped Cavolo Nero kale (or regular kale)
- 1 tbsp soy sauce
- Garlic pepper/black pepper
- Sea salt
- Paprika
- Dried thyme
- Chilli flakes
- Extra virgin olive oil
- 1 tbsp plant-based butter
- 1 tbsp hummus

Method:

- Peel and chop your potato into small pieces, place in a small saucepan and cover with water, adding sea salt. Bring to the boil for 20 mins. Drain off water and mash with fork/potato masher. Add a tablespoon of plant-based butter, a drizzle of extra virgin olive oil and mix until smooth. Serve with dried thyme
- For the plantain, peel and cut in half, and then split each half again; season with a little bit of sea salt and chilli flakes. Shallow fry each side in a pan of olive oil (or another oil of your choice) for 3-5 minutes on medium-high heat (or until browned on either side).
- Drain off your canned kidney beans and add to pan with olive oil - season with paprika and sea salt on high heat for 3-4 mins
- Sautee your kale and finely chopped red onion in a pan with olive oil until nicely wilted, adding your soy sauce.



Wholegrains and plantain

A simple meal which will serve up a good dose of protein, health-promoting carbohydrates and of course, juicy plantain.

Ingredients:

- 1 semi-ripe plantain
- 1 cup freekeh and quinoa blend (or use any other wholegrain like brown rice, quinoa by itself etc)
- 1 can black beans
- 2 cups of chopped kale
- 2 tablespoons Bouillon powder or veg stock
- Garlic pepper/black pepper
- Sea salt
- Chilli flakes
- 1 tbsp garlic paste (optional)

Method:

- Peel your plantain and cut in half, and then split each half down the middle. Season with sea salt and garlic pepper. Shallow fry in oil of your choice (I recommend olive oil for added flavour); do this on each side for 3-5 mins or until brown
- Take one cup of your rinsed chosen wholegrain (I've gone with freekeh and quinoa, but go with whatever you like best!) to 1 1/2 to 2 cups of water into a saucepan. Add your Bouillon powder/veg stock to the pan along with a pinch of salt and cook for 15-20 mins on medium/high heat, or until soft. Switch off heat once cooked, and add in your chopped kale; mix through until nicely wilted.
- Drain off all the liquid from your black beans and rinse. Add into a pan with garlic pepper, sea salt and chilli flakes, and heat through for about 4-5 minutes



Plantain Buddha bowl

You're going to love this one. Juicy, ripe plantain with a protein-rich, gut-loving side salad - with cooked-down black beans and broccoli to top it off.

Ingredients:

- 1 ripe plantain
- 1 can black beans
- 1/2 cup cooked lentils, cooled
- Handful of broccoli sprouts
- 1/2 cup sauerkraut
- 2 cups broccoli
- 1 tbsp vegan Bouillon powder/vegetable stock
- Chilli flakes
- Sea salt
- Salad dressing of your choice

Method:

- To cook down the black beans, drain off half the liquid and pour the rest into a pan greased with a small amount of olive oil. Get heat through the beans and allow the liquid to reduce to give you that creamy effect.

- Chop your plantain into small pieces as shown in the picture; and add some chilli flakes (depending on how hot you want it) before pan-frying either side in a pan with olive oil until brown. As it's ripe, it may only take 2-3 minutes either side

- Cook one cup of lentils with two cups of water, and add your Bouillon/veg stock. Allow to cook until soft (25-30 mins). Allow to cool; add 1/2 cup sauerkraut and sprouts (I used broccoli, if you can't get hold of them don't worry!) - serve with some salad dressing; I went with a store-bought balsamic dressing

- Chop and steam broccoli for 5-8 mins (I always value steaming as it preserves nutrients best)



Supercharged plantain plate

This one has a level of flavour I think you'll love. The cashew cream in the middle is a particular favourite of mine, and I hope yours soon too!

Ingredients:

- 1 semi-ripe plantain
- 1 can black beans
- 1/2 red onion
- 2 cups kale
- 1 sweet potato
- 1 cup cashews, soaked
- 3 cloves garlic
- 2 tbsp nutritional yeast
- 1/2 almond milk
- Olive oil
- Sea salt
- Soy sauce
- Garlic pepper/black pepper
- Sweet chilli sauce
- Fresh chilli (optional)

Method:

- To cook down the black beans, drain off half the liquid and pour the rest into a pan greased with a small amount of olive oil. Get heat through the beans and allow the liquid to reduce to give you that creamy effect.
- Cut your plantain in half, and then split each half down the middle again. Season with chilli flakes to your preference. Pan fry your plantain for 4-5 mins either side, or until lightly charred on either side. Serve with fresh chillis (optional) and a drizzle of sweet chilli sauce
- For the cashew cream, soak 1 cup of cashews in boiling water for 30 minutes. Drain off water, and add cashews into a high-powered blender with nutritional yeast, garlic cloves, 1/2 cup almond milk, a touch of olive oil and sea salt.
- Sauté your onion in a pan for 5 mins, and then add your kale with olive oil, sea salt, garlic pepper and soy sauce for flavour until the kale is wilted to your liking.



Hope you enjoyed these recipes!

If you get round to making them, don't forget to tag me on social media so I can see your creations and share them.



@jeffreyboadi



@jeffreyboadi_