



GRILLED CUCUMBERS WITH FRIED PLANTAINS AND HERBY SAUCE



DIFFICULTY

1/5



PREP TIME

30'



COOK TIME

45'



SERVES

3-4

INGREDIENTS

4 pcs cucumbers

2 pcs plantains

400 ml frying oil (corn or olive oil)

10 ml olive oil

1 gr sea salt

1 gr pepper

For the herby sauce

2 lemons

250 ml yogurt (if vegan, use milk free substitute)

1 cup cilantro

1 cup dill

1 garlic glove

1 cup parsley

PREPARATION

For the cucumbers

1- Slice cucumbers in half lengthwise and pat dry with a paper towel

2- Season with salt flakes, cracked pepper, and drizzle with olive oil

3- Place cucumbers on the grill, cut side down, for about 10 minutes on medium heat, until you have nice grill marks, but the cucumber still crunchy and bright green.

For the herby sauce

1- Place yogurt, cilantro, dill, parsley, garlic clove and lemon juice and olive oil in a blender. Then, puree on high power until smooth.

For the fried plantains

1- Cut the ends of the plantains and carefully take out the skin after cutting lengthwise with a knife.

2- Cut the plantains in 3 cm wide slices.

3- Fry plantain slices for about 8 minutes on 330°F (170°C)

4- Smash plantain slices with a plate and take them to the grill about 10 minutes on medium heat.

For plating

1- Spoon herby sauce over the plate

2- Add 2 slices plantain and cucumbers

3- Finish with dill, sea salt, cilantro and olive oil

