

COCONUT CILANTRO PLANTAIN RISOTTO

A SIMPLE & delicious VEGAN risotto dish for the whole family!



INGREDIENTS



3 Green Plantains



1 Tablespoon Extra-Virgin
Olive Oil



1/3 Cup Finely Diced
White Onion



2 Teaspoons Shredded or
Minced Fresh Ginger



1 Cup Filtered Water



Zest of Lime



1 Tablespoon Fresh
Lime Juice



1/3 Cup Shredded
Coconut



1 to 2 Cups Full Fat
Canned Coconut Milk
(depending on how creamy you
like your risotto!)



1/4 Cup Chopped
Cilantro



3/4 Teaspoon Pink Sea
Salt, or to Taste

INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Line a single layer baking sheet with parchment paper and set aside.
2. Peel all of the plantains and cut them each in half. Take all pieces of the plantains and run them, one at a time, through the SHREDDER ATTACHMENT of your food processor.
3. Once oven is preheated, add the shredded coconut to the baking sheet, place into the oven, and toast for 5-7 minutes until golden brown. Remove from the oven and set aside.
4. Heat the olive oil in a large skillet over medium heat. Add the onions and fresh ginger and saute for 4 minutes.
5. Add the shredded plantains, lime zest and 1/2 cup of the water and heat on medium-high heat for 4 minutes stirring constantly.
6. Add lime juice and the other 1/2 cup of water and continue to heat on medium-high heat for an additional 4 minutes stirring constantly.
7. Shake coconut milk can and add to skillet. Start slowly and keep adding and stirring the coconut milk until absorbed and the dish resembles your desired consistency.
8. Remove your plantain rice from the stove and stir in the cilantro, toasted coconut, and sea salt.
9. ENJOY THIS DISH WITH FRIENDS AND FAMILY :)