
Roasted Matooke (Plantain)

Ingredients:

Amount (1, .50 , 8)	Unit (cup, Tbsp, g, ml)	Item (egg, chaya leaves, sugar)	Preparation (crushed, diced, whole)
1	hand	green plantains	

Recipe Instructions:

1. Separate the fingers of one hand of green plantains.
2. Put them in the very hot oven (450°) and cook for 50 min.
3. When they are ready they will be brownish and will have shrunk all over.
4. Also the inside will be soft so that a fork goes in easily.
5. Peel the plantain and serve with roasted meat or chicken.

<http://edn.link/rtqy64>