

# ACKEE AND PLANTAIN



## INGREDIENTS

- 1/2 TIN DRAINED ACKEE
- 200G DICED FROZEN PLANTAIN
- 1 TSP RIO PACIFIC SMOKEY BUTT SEASONING
- 1 RED ONION SLICED
- 1 GREEN PEPPER DICED
- 1 RED PEPPER DICED
- 1/2 TSP GARLIC PUREE

## INSTRUCTIONS

1. FRY PLANTAIN FOR 4-5 MINS UNTIL GOLDEN BROWN THEN SET ASIDE
2. FRY PEPPERS AND ONIONS UNTIL STARTING TO CARAMELISE
3. REDUCE HEAT AND ADD GARLIC. SAUTEE FOR 2-3 MINS
4. ADD WARM PLANTAIN AND MIX
5. ADD SMOKEY BUTT SEASONING AND COOK FOR 2-3 MINS
6. ADD ACKEE AND GENTLY COMBINE
7. ADD HOT PEPPER SAUCE FOR AN EXTRA KICK, AND SERVE WITH FRIED DUMPLINGS

