

Zucchini Bread Recipes

Crispy Patacones Tostones Recipe

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Latin American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 green plantains, peeled and sliced ½-inch thick
- [ ] 2 tbsp olive oil for frying
- [ ] 2 cloves garlic, minced
- [ ] 1 lime, juiced
- [ ] ½ tsp sea salt

Optional Garnish

- [ ] 1 tbsp chopped cilantro
- [ ] Pinch of smoked paprika

Instructions

1. Peel the plantains by cutting off the ends, making a shallow slit along the length, and gently lifting the skin away.



2. Slice each plantain into ½-inch rounds and place them in a bowl of cold water for 5 minutes to keep them from browning.



3. Heat the oil in a heavy skillet over medium-high heat. Pat the slices dry, then fry in batches for 2-3 minutes per side until just softened, not browned.



4. Remove, flatten each piece with the bottom of a glass or a patacon press, and return to the pan for a second fry, 2-3 minutes per side, until golden and crisp.



5 Immediately toss the hot patacones with minced garlic, lime juice, and sea salt. Sprinkle cilantro and smoked paprika if using, then serve.



Nutrition per serving

210 kcal	2 g	32 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Work in batches to avoid overcrowding the pan.
- Season while the patacones are still hot for the best flavor absorption.
- If you prefer less oil, drain on paper towels before the second fry.