

Breadfruit Tostones topped with Chayote Salsa

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INGREDIENTS:

1 breadfruit, peeled, cored, cut
in 2 long and ½ inch thick slices
salt
garlic powder, to taste
oil, for frying

INGREDIENTS:

2 tbsp olive oil
2 limes
1 garlic clove, finely chopped
1 chili
3 thin slices of ginger
2 chayotes
½ cup seeded and diced mango
(seasonal, may omit)
½ cup seeded and diced tomato
½ avocado, diced
½ cup chopped coriander
Salt and pepper to taste

METHOD:

Preheat oil.
Fry breadfruit slices until tender on the inside and golden on both sides.
Remove from oil and lightly smash using a press (tortilla press, plantain
press, or bottom of a plate if no press is available)
Working quickly but carefully, return to oil.
Fry until crispy and light golden brown.
Place on paper towel lined plate to soak excess oil.
Sprinkle with salt and garlic powder.
Serve hot.

Chayote Salsa:

Mix together the oil, lime zest and juice, honey, garlic, chili, ginger, and
chayote in a large bowl. Cover with plastic wrap and marinate in the
fridge for 1 hour. Remove the chili and ginger. Add the mango, tomato,
avocado, and coriander. Salt to taste. Mix well.

