



# Curried Plantain Cous Cous

## Ingredients

- 1 Diced Ripe Plantain
- 200g Kale
- 1 Onion, *chopped*
- 2 Garlic cloves, *minced*
- 1/2 Red pepper, *diced*
- 1/2 Green pepper,
- 1 Julians sliced Carrot
- Fresh Tomato Diced
- 3 tbsp LAiRIE Tropical Seasoning
- 2 Tsp LAiRIE Hot Peppa
- Coconut oil
- 2 cups Cous cous
- 4 cup Water
- Basil to garnish

## Method

On a low heat add 2-3 tbsp of Coconut oil in a large Pot, allow to melt down before adding LAiRIE Tropical Seasoning and Hot Peppa mixing until seasoning has integrated with the oils.

Remove Seasoned oil from the pan and place in a separate bowl aside.

With the remaining oil left over in the pan lightly fry your cubed plantain until cooked (Will have a golden yellow look to the pieces), then add your onion and garlic and saute until soft and brown.

Further add your diced red & green pepper, your julienne sliced Carrot and Tomatos, covering with 1 cup of water before adding a lid to allowing 5 minuets for simmering time

Stir in the kale and cook until wilted, then remove from heat.

In a seperate dish add 3 cups of boiling water to your cups of Cous Cous (Adding salt to taste)

After cous cous has expanded add to Cooked Vegetables and stir together whilst gradually adding your pre-prepared seasoned coconut oil mix.

Once all the ingredients are infused together your dish is now ready to be served.

