

# RIPE PLANTAINS

## Jerk Chicken Tacos with Caramelized Plantains

▶ *Flip card for recipe*



Micfood<sup>®</sup>

Bringing Cultures Together<sup>™</sup>

## Frozen & Ready to Heat-and-Serve

# RIPE PLANTAIN SLICES



MIC SKU	DIST ITEM #	DESCRIPTION	PACK SIZE
SB010		Ripe Plantain Slices	4 x 6 lbs
SB011		Ripe Plantain Slices	4 x 6 lbs



## Jerk Chicken Tacos

YIELDS 4 SERVINGS

### Ingredients

- 2 lbs boneless skinless chicken thighs
- 2 tbsp jerk spice
- 2 tbsp dark rum
- 1 tbsp brown sugar
- ¼ cup vegetable oil
- 2 tbsp chopped parsley
- 1 tsp kosher salt

### Preparations

1. Combine all ingredients and marinate for 1 hour.
2. Grill until fully cooked.
3. Rest for 10 minutes.
4. Slice into thin strips

## Caramelized Plantains, Poblano Peppers and Onions

### Ingredients

- 1 cup **BIG BANANA**® Sweet Plantain Slices, cut into finger sized pieces
- ¼ cup small diced poblano peppers
- ¼ cup small diced onions
- 3 tbsp butter
- ¼ tsp kosher salt

### Preparations

1. Heat skillet on medium high heat.
2. Add butter and brown.
3. Add plantains and proceed to caramelize.
4. Add poblano peppers and onions.
5. Continue to caramelize.
6. Finish with salt.

### Assemble

Heat tortillas, smear sour cream, add chicken and plantain mix.

Add excitement to  
your menu with more  
tropical tastes:



TROPICAL PLANTAIN SUSHI



PLANTAIN BLACK BEAN  
BBQ WRAP

**Micfood**®

13595 SW 134 Ave, Suite 201, Miami, FL 33186 / 800.788.9335 / 786.507.0540 / info@micfood.com

WANT MORE  
RECIPES?

Visit us at  
[www.micfood.com](http://www.micfood.com)