

RIPE PLANTAIN ROUNDS

Pumpkin Bisque with Sweet Plantain Rounds

Crema de Calabaza con Platano Maduro

▶ *Flip card for recipe*

pure
simple
by
micfood



Frozen & Ready to Heat-and-Serve RIPE PLANTAIN ROUNDS



MIC SKU	DESCRIPTION	PACK SIZE
PS202	Ripe Plantain Rounds	4 x 6 LB

- ALL NATURAL
- OIL FREE
- SIMPLY STEAMED
- KOSHER



Pumpkin Bisque with Plantain Rounds / Crema de Calabaza con Platano Maduro

YIELDS 4 SERVINGS

Ingredients

- 32 oz. **Tio Jorge**® Crema de Calabaza (Pumpkin Puree)
- 12-16 pieces **Pure & Simple**® Plantain Rounds
- ½ cup coconut milk
- 500 ml. vegetable stock
- 1 tsp. onion powder
- 1 tsp. garlic, granulated
- ¼ tsp. thyme
- ¼ tsp. basil
- ½ tsp. cayenne pepper
- ¼ tsp. cumin
- ¼ tsp. kosher salt
- ¼ tsp. black pepper, ground

Instructions

1. Put the puree in a blender or food processor with coconut milk, process until smooth.
2. Place the puree in a medium/large pot over medium-high heat. Add the stock and seasoning, cook for 5 minutes.
3. Reduce to a simmer and cook for 20-30 minutes.
4. While the soup is simmering, heat a medium-sized pan over medium-high heat.
5. Once the pan and oil are hot, add plantain rounds.
6. Cook for 3 minutes and then flip the pieces over.
7. Cook for another 3 minutes & remove from the pan.
8. Place on a paper towel-lined plate to absorb any excess oil.
9. When the soup is ready, pour into bowl and top with 3-4 plantain rounds.



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

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PLANTAIN TERIYAKI BOWL



PULLED PORK PLANTAIN TACOS

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