

Peanut Sauce with Plantain Chips and Peanut Salad (Deborah May)

Ingredients

1 onion
1 garlic clove
3 fresh tomatoes
1 tin chopped tomatoes
Peanut butter
Oil
1 or 2 plantains
Salad (mixed leaves e.g. spinach, rocket; radish; cucumber; pepper)
Peanuts
Honey
Vinegar
Salt & pepper

Method

1. Fry onion & garlic. Chop fresh tomatoes and fry together with onion & garlic. Add in tin of chopped tomatoes
2. Add 3 large spoonfuls of peanut butter, or to taste. Cook and add water until you have a stew sauce (add a little oil to sauce)
3. Put more oil into a small pan, so the oil comes up to being 3cm deep.
4. Thinly slice 1 or 2 plantains – add a few slices at a time to the oil and fry until golden brown on each side. Season with a bit of salt. Leave in oven to keep warm
5. Make a salad from ingredients listed, and add peanuts. Make a salad dressing by mixing together a few glugs of olive oil, a spoonful of honey, salt, pepper, and vinegar, and pour over salad.
6. Serve all together