

Choco Fever Dream

Crispy Patacones – Easy Tostones Snack

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Latin American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 green plantains, peeled
- [ ] 1/2 cup neutral oil for frying
- [ ] 1 tsp sea salt

Optional Toppings

- [ ] 1 clove garlic, minced
- [ ] 2 tbsp fresh cilantro, chopped
- [ ] Juice of 1 lime

Instructions

1. Peel the plantains by cutting off the ends, scoring the skin lengthwise, and gently pulling it away; slice into 1-inch thick rounds.
2. Pat the slices dry with paper towels, then heat oil in a deep pan over medium heat until shimmering.
3. Fry the plantain rounds for about 2-3 minutes per side, just until a light golden hue forms; remove and set on a paper towel.
4. Using a flat press or the bottom of a glass, gently flatten each piece to about half thickness.
5. Return the flattened discs to the hot oil and fry for another 2-4 minutes until crisp and deep golden; drain on a wire rack.
6. Immediately sprinkle with sea salt, then toss with minced garlic, cilantro, and a squeeze of lime if using.

Nutrition per serving

180 kcal	1 g	24 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Dry the plantain slices thoroughly; moisture creates steam and softens the crust.
- Maintain oil temperature; too low makes soggy, too high burns.
- Serve hot for maximum crunch; they soften as they cool.