

Treasure Barrel

Patacones (Tostones) – Crispy Fried Plantain Bites

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

Ingredients

Main Ingredients

- [ ] 3 green plantains, peeled and sliced 1-inch thick
- [ ] 1/2 cup olive oil for frying
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp garlic powder
- [ ] Juice of 1 lime

Optional Topping

- [ ] 2 tbsp fresh cilantro, finely chopped
- [ ] 1 small jalapeño, thinly sliced

Instructions

1. Peel the plantains by cutting off the ends, making a shallow slit lengthwise, and lifting the skin off; slice into even rounds about 1 inch thick.
2. Heat the oil in a large skillet over medium heat; add the plantain slices and fry for 2-3 minutes per side until they are just golden but still soft.
3. Remove the slices with a slotted spoon, place on paper towels, and gently press each slice with the bottom of a glass or a plantain press to flatten.
4. Return the flattened pieces to the hot oil and fry again for 2-3 minutes until crisp and deep golden; season immediately with sea salt, garlic powder, and a drizzle of lime juice.
5. Transfer to a serving platter, sprinkle fresh cilantro and jalapeño if using, and serve warm alongside your favorite dip.

Nutrition per serving

180 kcal	2 g	24 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the oil starts to smoke, lower the heat slightly to avoid bitterness.
- Patacones are best enjoyed hot; reheating can make them soggy.
- For extra flavor, try adding a pinch of smoked paprika to the seasoning.