



ALOKO (Plantain bananas with red palm oil)

□ **Ingredients (serve 4) :**

- 3 ripe plantain bananas
- 2 glasses of MAMA AFRICA red palm oil (40cl)
- 1 onion
- 1 chilli pepper
- salt

RECIPE

- 1- Peel and slice the plantain bananas.
- 2- Salt and fry briefly in the MAMA AFRICA red palm oil.
- 3- Once the bananas have browned, drain them using absorbent paper.
- 4- In a saucepan, fry the chopped onions and chilli pepper gently in a little MAMA AFRICA red palm oil; then add the fried bananas.
- 5- Add a little water and simmer for 5 to 10 minutes.
- 6- Serve hot as an aperitif or as an accompaniment to all your African dishes.

Enjoy your meal.



Other entrées :

