**Bandeja Paisa, a traditional Colombian dish**

Bandeja Paisa is one of the most iconic dishes of Colombian gastronomy, which originated in the Andean region of the country, specifically in the department of Antioquia. It is a hearty meal, ideal to share with friends and family.

**Colombian paisa tray recipe**

• Yield: 4 servings

• Preparation time: 45 minutes

**Ingredients**

* 500 g of cooked minced meat
* 1 cup of cooked rice
* 1 cup of cooked red beans
* 4 ripe plantains
* 4 sausages (Chorizos)
* 4 blood sausages (Moncillas)
* 4 eggs
* 4 corn cakes (arepas)
* 2 avocados sliced
* Oil
* Salt and pepper to taste

**For the dip (Hogao)**

• 1 large onion chopped

• 1 large tomato peeled and cut into cubes

• 1 clove of garlic, minced

**How to make Colombian Bandeja Paisa step by step**

1. Peel the plantains and cut them into thick slices. Fry in oil until golden. Reserve.
2. Fry the “chorizos” (Sausage) and “morcillas” (blood sausages) until they turn golden brown. Reserve.
3. To make the “hogao”: in a large skillet, sauté the onion, tomato and garlic until they thicken and form a sauce. Mix the “hogao” with the beans.
4. In a separate pan, fry the eggs.
5. Heat the arepas (corn cakes) on a griddle or frying pan.
6. Heat the cooked meat, rice and beans. Season to taste.
7. In 4 trays, place all the ingredients: the red beans, the rice, the plantains, the chorizo (sausage), the morcilla (blood sausages), the minced meat, the arepa (corn cakes), the avocado and the egg.

*Serve hot and enjoy!*