



# Platanos Maduros

An easy-to-make recipe for sweet plantains (aka maduros) made with sliced ripe green plantains then fried until they're tender in the middle and crisp on the edges.

## Ingredients:

2 large ripe plantains, (the darker the skin, the sweeter they will be)

½ cup vegetable oil, or avocado oil

Salt

## Instructions:

1. Peel and cut each ripe plantain diagonally into 1/2-inch thick slices.
2. In a nonstick skillet, heat oil over medium-high heat. Pan-fry the sliced plantains for 2-3 minutes per side until they're golden brown and the edges are crispy.
3. Transfer them to a paper towel-lined plate to drain and season them with salt. Serve immediately. Enjoy!

Source: <https://asassyspoon.com/sweet-plantains-platanos-maduros/>