

# Reis, Plantains und Tomatensauce



Rezept für 4 Portionen

Dauer: ca. 30 Minuten

## Zutaten:

Zutat	Menge
Schwarzer Pfeffer	1 Prise(n)
Salz	1 Teelöffel
Speiseöl / Öl	1 Flasche(n)
Zwiebeln	1 Stk.
Reis	1.5 Tasse(n) / Glas
Tomatenpüree / passierte Tomaten / Tomatensauce	1 Dose(n) / Becher
Kochbananen / Plantains	4 Stk.
Knoblauchpulver	1 Prise(n)
Austern	1 Dose(n) / Becher

## Zubereitung:

1. Make some rice and put it aside
2. Chopp the onion
3. Take a saucepan, pour some oil in it and add the onion until it get brownish. Add all the tomato sauce and the spices and let it cook during 15 minutes. Stir every now and then so it does not attach.
4. Cut the Plantains in little slices.
5. In a saucepan, put the half of the oil bottle and heat it. When the oil is hot enough pour the Plantains in it and fry them as French fries.
6. When they are brownish take them off the oil and put them on a piece of kitchen paper.
7. Serve it and eat it warm!

Gutes Gelingen wünscht



Link zu diesem Rezept: <http://www.koch-idee.at/Rezept-2097-Reis-Plantains-und-Tomatensauce.html>  
Mehr leckere Koch-Ideen zum Nachkochen gibts auf [www.koch-idee.at](http://www.koch-idee.at)