

## **RECIPE: MOFONGO**

### **CONDIMENTS & OIL**

**Olive oil, 2 fl oz.**

### **FRUITS**

**Plantain banana (medium, green), 2**

### **SNACKS**

**Pork rinds, to taste (optional)**

### **SPICES & SEASONINGS**

**Salt, to taste**

### **MISCELLANEOUS**

**Vegetable oil, 1 cup**

**Smashed garlic, 1 tbsp.**