

# Broadleaf Plantain Shoots



While most people harvest the plantain leaves for salads, soups, and stews, a simple sauté of the green flowering shoots makes a delicious side dish. Tastes like a cross between fiddleheads and asparagus with a soft but chewy texture. Spring flavours in a summer dish!



*Yields 2 cups*

Prep time: 2 minutes

Cook time: 5 minutes

## Ingredients

2 tablespoons olive oil

2 cloves garlic, coarsely  
chopped

2 cups young plantain  
shoots

salt to taste

## Directions

In a large skillet, heat oil over medium heat. Add garlic and sauté until garlic begins to brown, about 2 minutes.

Toss in the plantain shoots and cook for about 3 minutes longer, until the shoots become a bright green. Add salt to taste.

Serve as a vegetable side dish.