

❖ Egg Scramble with Potatoes and Plantains ❖

Servings: 4

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes



Ingredients

Plantains and potatoes

- 1 medium-sized potato, washed, cut into ½" dices
- 1 ripe plantain, peeled, cut in quarters lengthwise, then cut into ½" diced pieces
- 2 tbsp canola or vegetable oil, divided
- 1 tsp kosher salt, divided
- ½ tsp black pepper
- ½ tsp garlic powder



Egg scramble

- 2 tsp canola or vegetable oil
- 4 large eggs
- ½ medium onion, finely chopped
- 1 red bell pepper, finely chopped
- 2 cups baby spinach, loosely packed
- 1 clove garlic, minced
- 1 small tomato, diced
- ¼ tsp red pepper flakes
- Dash of salt

Instructions

Plantains and potatoes

1. Place cubed potatoes in a bowl, cover with cold water, and let sit for 20 minutes. Drain and rinse with cold water. Pat dry with a towel or paper towel.
2. Set air fryer to 400°F and preheat for 2-3 minutes.
3. Add 1 tbsp oil, salt, pepper, and garlic powder to potatoes and toss to combine. Add potatoes to the air fryer tray in a single layer. Cook for 15-18 minutes. Shake potatoes about every 5 minutes.
4. Add 1 tbsp oil to plantains in a bowl and combine. Add plantains to the air fryer tray. Cook for 5-8 minutes.
5. Salt to taste.



Egg scramble

1. While potatoes cook, add 2 tsp oil to a large nonstick skillet over medium heat.
2. As oil heats, whisk eggs.
3. Once oil is shimmering, add onions and peppers. Sauté until translucent, about 2-3 minutes.
4. Add garlic and baby spinach. Sauté until wilted, about 1 minute.
5. Add the tomatoes, salt, pepper, and red pepper flakes. Cook for an additional 3-4 minutes.
6. Add eggs. Stir to combine with vegetables. Reduce heat to medium-low and cook for 2 minutes.
7. Turn eggs with a spatula and continue cooking for another 1-2 minutes at a time, until eggs reach desired consistency and an internal temperature of 160°F.
8. Remove from heat and serve with plantains and potatoes.

