



Beef and Chiquita plantain stew

Ingredients for 2 persons

- 2 **tbsp** vegetable oil
- 6 garlic clove
- 2 white onion
- 2 **cups** braising beef, diced into bite sized pieces
- 2 green pepper
- 6 stalks of coriander, ripped into quarters
- 2 **liter** beef stock
- 2 sweet potato, peeled and diced into 1 inch cubes
- 6 small new potatoes
- 2 corn on the cob, cut in half
- 2 green Chiquita plantain, cut into 1 cm thick slices
- 2 **tbsp** natural yogurt
- 2 **tbsp** herb oil

