

Pasteles (Green Banana and Pork Tamales)

Yield: 16 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/malanga-coco-indian-recipe>

Ingredients:

- 3/4 cup canola oil
- 1 tablespoon achiote seeds available from gourmetsleuth.com
- 1 pound pork loin cut into 1/4" cubes
- 8 ounces ham cut into 1/4" cubes
- 3/4 cup pitted dates minced
- 2 tablespoons fresh orange juice
- 1 tablespoon fresh lime juice
- 1 tablespoon dried oregano
- 2 teaspoons capers minced
- 12 pitted green olives minced
- 4 sprigs cilantro minced
- 1 clove garlic minced
- 1 yellow onion small, minced
- 1 red bell pepper stemmed, seeded, and minced
- 1/2 green bell pepper stemmed, seeded, and minced
- ground black pepper
- kosher salt
- 7 1/2 ounces chickpeas
- 2 pounds yautia white, or taro, peeled, rinsed, and grated
- 2 pounds bananas green, peeled and grated
- 1/2 cup milk
- 1/2 cup whole almonds blanched

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 25 milligrams

4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 340 milligrams
9. Sugar: 13 grams

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