

Chicken and Banana Leaves

Ingredients

- 1 tsp. low sodium soy sauce
- 1 tsp. barbecue sauce
- 1 tsp. fresh ginger (minced)
- 3/4 cups coconut milk
- 2 chicken thighs
- 2 small, yellow plantains, peeled and cut into 3/4 inch slices
- 2 small sweet potatoes
- Banana Leaf



Directions

Mince 1tsp. fresh ginger. Slice and peel yellow plantains and cut into 3/4 inch slices. Peel and cut sweet potatoes into 1 inch sticks. Whisk together soy sauce, barbeque sauce, ginger, and coconut. Pour over chicken thighs, plantain, and sweet potato in a reseal able plastic bag. Seal, and marinate 30 minutes. Bring grill to medium heat. Gently warm the whole banana leaf over a fire until the leaf is pliable, but not burnt, 3 to 4 minutes. Cut the leaf into four large squares, measuring at least 12x12 inches. Carefully cut four long, thin strips from the rib of the leaf, these will be used as 'string' to tie the packets later. Place a piece of meat onto each banana leaf square, and evenly divide the vegetables on top. Pour in any remaining marinade, and fold the leaves around the chicken like a present. Securely tie with the rib strips. Place on grill and cook for 20-25 minutes.