

Plantain and Black Bean Breakfast Bowl with Avocado and Eggs

A hearty and nutritious breakfast bowl combining the sweetness of ripe plantains with protein-rich black beans, creamy avocado, fluffy rice, and perfectly cooked eggs. This meal offers a balanced start to your day with vibrant flavors and textures.



20 min

Total time

Easy

Difficulty

550

kcal / serving

Nutrition per serving (estimated)

Protein 19 g

Carbs 76 g

Fat 20 g

Fiber 13 g · Sugar 15 g · Sodium 500 mg

Ingredients

- 1 ripe plantain
- 1/2 avocado
- 2 eggs
- 1/2 cup cooked black beans
- 1/2 cup cooked white rice
- 1 tsp olive oil
- Salt and pepper to taste
- Optional: hot sauce or salsa for serving

Substitutions

white rice – cooked brown rice

olive oil – neutral vegetable oil

black beans – cooked pinto beans

Steps

- 1 Peel the ripe plantain and slice it diagonally into 1/2-inch thick pieces.
- 2 Heat olive oil in a skillet over medium heat and fry plantain slices until golden brown on both sides, about 2-3 minutes per side. Remove and set aside.
- 3 In the same skillet, warm the black beans for 2 minutes, seasoning with salt and pepper.
- 4 Cook the eggs to your preference (fried, scrambled, or poached).
- 5 Slice the avocado.
- 6 In a bowl, layer the cooked rice as the base, then add black beans, fried plantains, avocado slices, and top with the eggs.
- 7 Season with additional salt and pepper, and add hot sauce or salsa if desired.
- 8 Serve warm and enjoy your wholesome breakfast bowl.

Chef's tips

- A ripe plantain should have mostly yellow peel with dark patches; it will taste sweeter and soften more readily than a green one.
- Keep the plantain pieces in a single layer while frying so they brown instead of steaming; overcrowding can leave them pale and soft.
- For a tidy bowl, use a wide, shallow serving dish and add the avocado just before serving so its cut surface stays fresh-looking.

Drink pairing

A crisp, dry cider

Its bright, lightly fruity character complements the sweet plantain and balances the creamy avocado and savory beans.

0% option: Sparkling water with a squeeze of lime

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3-4 days. Store avocado separately if possible; reheat the rice, beans, plantain, and eggs until steaming hot.

Frequently asked questions

How can I tell when the plantain is ripe enough?

Look for yellow peel with scattered dark patches and a slight give when pressed. Mostly green plantains are firmer and less sweet.

Can I prepare parts of the bowl ahead?

Cook the rice and beans ahead and refrigerate them promptly. For the best texture, fry the plantain and cook the eggs close to serving time.

What should the fried plantain look and feel like?

The surfaces should be golden brown, with tender centers. If the outside darkens before the center softens, lower the heat slightly.