

Modified Caribbean Ackee and Saltfish



Provides 25-6servings. Preparation time is 15 minutes

Ingredients:

- 1 Tinned ackee drained (164g drained weight)
- 140g Fresh cod or dried saltfish soaked overnight and washed several times to reduce the salt content, flaked
- 1 Large onion
- 3 Cloves of garlic
- 2 Spring onions
- 2 Medium bell peppers, different colours, chopped
- 2 Medium fresh tomato, chopped
- 0.5g of salt (no salt if using dried saltfish)
- Half teaspoon jerk seasoning from jar or homemade
- 6 Spray extra virgin olive or vegetable oil
- Half teaspoon powdered black pepper

Preparation method:

Warm lidded non-stick cooking pot at low heat and spray with 6 sprays of extra virgin olive or vegetable oil spray. Stir in chopped onions, peppers, garlic, salt, jerk seasoning, spring onions and chopped tomato for about 3 minutes or until soft. Add the fish, ackee and black pepper, stir and pop the lid to simmer for 3 minutes.

Homemade jerk seasoning: A blend of 1 scotch bonnet pepper, 1 root ginger, 2 stems thyme, 2 cloves garlic, 2 spring onions, 1 tsp lemon juice, ½ tsp black pepper.

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	60kcal/250kj
Total Fat (g) <i>of which saturated fatty acids (g)</i>	2.4 0
Carbohydrates (g) <i>of which sugars (g)</i>	4.6 3.7
Dietary fibre (g)	1.6
Protein (g)	4.0
Salt (g)	0.2

Each 200g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
120kcal 501kJ	4.8g	0g	7.4g	0.4g
6%	7%	0%	8%	7%

of an adult's reference intake