

Modified Caribbean Callaloo and Saltfish



Provides 2 servings. Preparation time is 15-20 minutes

Ingredients:

- 1 Tinned callaloo (158g drained weight)
- 140g Fresh cod or dried saltfish soaked overnight and washed several times to reduce the salt content, flaked
- 1 Medium onion, chopped
- 2 Clove garlic
- 2 Medium bell peppers, different colours, chopped
- 2 olive oil spray
- 3 sticks of thyme
- Half teaspoon powdered black pepper

Preparation method:

Warm lidded non-stick cooking pot or frying pan at low heat and spray with 2 sprays of olive oil spray. Stir in chopped onions, garlic, peppers and sauté for 2 minutes. Add fish, thyme and cook for 3 minutes. Stir in callaloo and black pepper, pop the lid and simmer for 10 minutes.

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	106kcal/444kJ
Total Fat (g) <i>of which saturated fatty acids (g)</i>	3.1 0.9
Carbohydrates (g) <i>of which sugars (g)</i>	12 5.1
Dietary fibre (g)	1.5
Protein (g)	6.6
Salt (g)	0.12

Each 200g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
211 kcal 888kJ	6.3g	1.9g	10g	0.24g
11%	9%	10%	11%	4%

of an adult's reference intake