

Modified Caribbean Saltfish Fritters



Provides 8-9 servings. Preparation time is 60 minutes

Ingredients:

228g fresh or frozen cod fish, flaked or cut into small pieces (if dried saltfish it should be soaked overnight and washed several times to reduce salt content, remove bones and skin)

148g Self-raising wholemeal flour

2 Medium size bell peppers, different colours, chopped

1 Medium onion, chopped

Half scotch bonnet

1 Teaspoonful tomato puree

Half teaspoon black pepper

4 Olive oil sprays

Half teaspoon paprika powder

A cup of Water

Preparation method:

Pour flour in a bowl, add water and mix with a wooden ladle. Add the tomato puree, peppers, onions, scotch bonnet, black pepper and continue mixing for about 2 minutes. Mix in the flaked fish, paprika and tomato puree. Preheat oven to 200C. Grease shallow baking tray with 4 sprays of olive oil spray. Carefully place teaspoonfuls of the fritter mix on the tray and bake at 150C for 10-15 minutes or until the fritters are crisp and brown (it can be baked in batches). Instead of baking, the fritters can also be fried in air frying using 4 sprays of vegetable oil.

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	73kcal/311kj
Total Fat (g) of which saturated fatty acids (g)	0.5 0
Carbohydrates (g) of which sugars (g)	11 2.5
Dietary fibre (g)	1.0
Protein (g)	5.6
Salt (g)	0.17

Each 125g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
92kcal 389kJ	0.6g	0g	3.1g	0.22g
5%	1%	0%	3%	4%

of an adult's reference intake