

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