

## 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 and black pepper, stir and pop the lid to simmer for 3 minutes.

### Nutritional information per 100g of edible portion:

|  |              |
|--|--------------|
| Energy (kcal / kJ)   | 60kcal/250kj |
| Total Fat (g)<br><i>of which saturated fatty acids (g)</i> | 2.4<br>0     |
| Carbohydrates (g)<br><i>of which sugars (g)</i>            | 4.6<br>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<br>501kJ | 4.8g | 0g        | 7.4g   | 0.4g |
| 6%               | 7%   | 0%        | 8%     | 7%   |

of an adult's reference intake