

Nyam and Go – Salfish and Callaloo



INGREDIENTS

- 2 cups of flaked saltfish (see post for recipe)
- 4 cups of fresh callaloo, chopped and tightly packed or 1 can of callaloo
- 1 large tomato, chopped
- 1 small onion, chopped
- 3 small scallions, chopped
- 3 garlic cloves, chopped finely
- 5 sprigs of thyme
- 1/2 tsp of black pepper
- 1/4 cup of warm water
- 1/2 or 1/4 of a scotch bonnet (optional, depending on if you like heat)
- 2 tbsp of coconut oil

INSTRUCTIONS

- If using regular salt fish, soak overnight then boil off the excess salt the next day, cool and flake - skip this step if you are following my unrefined saltfish method.
- Melt the coconut oil in a large non-stick skillet on medium heat.
- Proceed to saute the onion, scallion and garlic until soft and translucent.
- Stir in the chopped tomatoes and saltfish and cook for 2-3 minutes.
- Add the scotch bonnet, and season with black pepper and stir and combine everything together.



- Finally add the callaloo then pour in the warm water, fold the callaloo in with the rest of the ingredients.
- Reduce the heat to low, cover with lid and steam for 10 minutes.
- Serve according - discard the thyme stems

<http://www.thejamaicanmother.com/fried-green-plantains/>