

Escovitch fish with rice and peas

by Glorious Nutrition



Ingredients:

Fish

- 100g salmon fillets
- 1 red bell pepper (sliced into strips)
- 1 carrot (sliced into rings)
- 1 small onion (sliced into rings)
- 3 tablespoons cooking oil
- ¾ cups vinegar
- 1 teaspoon hot pepper sauce
- 1 scotch bonnet (finely chopped, seeds removed)
- 10 allspice berries
- 3 tablespoons dried cranberries



Rice & Peas

- 1 can kidney beans (including liquid)
- 1 can coconut milk
- 1 1/3 cups water
- 2 garlic cloves (finely chopped)
- 1 small white onion (chopped)
- 2 scallion stalks (chopped)
- 1 teaspoon dried thyme
- 1-2 teaspoons salt
- 1 teaspoon black pepper

Directions:

Fish

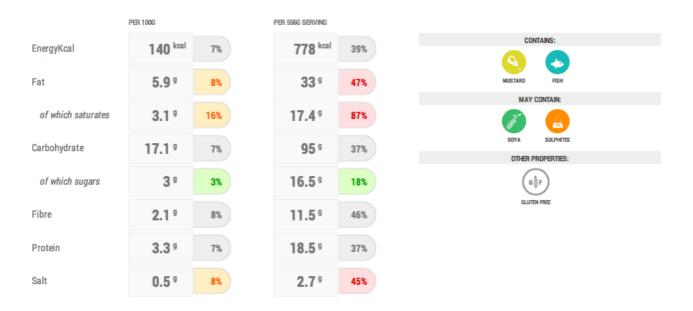
Fry fish with a little oil (5 minutes on each side). Take fish out of pan and place on paper towel to drain oil. Put vinegar and oil into a saucepan and bring to a boil. Add carrots and let simmer for about 1 minute. Add red and green bell peppers and simmer for 1 minute. Add onion and simmer for 5 minutes. Add scotch bonnet pepper and stir. Place fish onto a serving dish and spoon dressing on top.

Rice & Peas

Drain the liquid from the can of beans into a measuring cup, add coconut milk and enough water to make four cups of liquid. Add liquid, beans, garlic, chopped onion and thyme to a large pot. Add salt and black pepper. Bring to a boil. Add rice and boil on high for 2 minutes. Turn heat to low and cook covered until all water is absorbed (15-20 minutes). Fluff with fork before serving.



Nutritional Information



Per 100g

