



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
- $\frac{2}{3}$ 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 2/3 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		PER 556G SERVING	
Energy/Kcal	140 kcal	7%	778 kcal	39%
Fat	5.9 g	8%	33 g	47%
of which saturates	3.1 g	16%	17.4 g	87%
Carbohydrate	17.1 g	7%	95 g	37%
of which sugars	3 g	3%	16.5 g	18%
Fibre	2.1 g	8%	11.5 g	46%
Protein	3.3 g	7%	18.5 g	37%
Salt	0.5 g	8%	2.7 g	45%


CONTAINS:

 MUSTARD  FISH

MAY CONTAIN:

 SOYA  SULPHITES

OTHER PROPERTIES:

 GLUTEN FREE

Per 100g

Energy		Lipid Components		Vitamins	
Energy(Kcal) 7% RI	138	Saturated fat 16% RI	3.1g	Vitamin A (ret eq) 19% RI	149µg
Energy(Kj) 7% RI	581	Monounsaturated fat 5% RI	1.5g	Retinol	0.7µg
Macronutrients		cis-Mono	1.5g	Carotene	707µg
Carbohydrate 7% RI	18.6g	Polyunsaturated fat 5% RI	0.8g	Vitamin D 4% RI	0.2µg
Protein 7% RI	3.3g	Omega3(n-3) 14% RI	0.3g	Vitamin E 7% RI	0.8mg
Fat 8% RI	5.9g	Omega6(n-6) 3% RI	0.5g	Vitamin K ₁ 6% RI	4.8µg
Water	2.9ml	cis-Poly	0.8g	Thiamin (B ₁) 9% RI	0.1mg
Alcohol		Trans-fatty acids		Riboflavin (B ₂) 1% RI	
Carbohydrate		Cholesterol	3mg	Niacin total (B ₃) 12% RI	2mg
Starch	15.3g	Minerals & trace elements		Niacin	1.3mg
Oligosaccharide	0.3g	Sodium 8% RI	195mg	Tryptophan (niacin eq)	0.7mg
Fibre 8% RI	2.1g	Potassium 8% RI	162mg	Pantothenic Acid (B ₅) 4% RI	0.3mg
NSP	1.4g	Chloride 40% RI	319mg	Vitamin B ₆ 8% RI	0.1mg
Sugars 3% RI	3g	Calcium 3% RI	21mg	Folic Acid (B ₉) 5% RI	10.3µg
Free Sugars	0.3g	Phosphorus 9% RI	66mg	Vitamin B ₁₂ 8% RI	0.2µg
Glucose	0.5g	Magnesium 5% RI	17mg	Biotin (B ₇) 1% RI	0.6µg
Galactose		Iron 5% RI	0.7mg	Vitamin C 27% RI	22mg
Fructose	0.6g	Zinc 4% RI	0.4mg	Other	
Sucrose	0.8g	Copper 9% RI	0.1mg	GI (estimated)	2
Maltose		Manganese 16% RI	0.3mg	GL	7.4
Lactose		Selenium 9% RI	4.7µg	PRAL	
		Iodine 1% RI	1.4µg		

