

Jerk spiced grilled salmon



Serves 4

A homemade take on a Caribbean favourite

Ingredients

A small bunch of fresh thyme, leaves removed
2 tps. allspice powder
1 tsp. chilli powder
1 tsp. nutmeg powder
1 tsp. black pepper, powdered
1 tsp. cinnamon powder
4 garlic cloves, crushed
2 tps. fresh ginger, grated
1 lime, zest and juice
3 tbsps. water
4 salmon fillets

Method

- Add all the ingredients to a roomy dish and mix well.
- Remove a tbsp of the marinade as this is for the stir fried vegetables.
- Place the fillets in the dish and rub the marinade all over them. Cover with cling film then allow to rest in the fridge for at least 30 minutes. The longer you leave the salmon to marinate the more of the flavours it will take on
- To cook the salmon, place the salmon fillets onto a baking tray lined with foil or baking parchment and grill under a medium heat for 8-10minutes
- Once cooked, allow to rest for up to five minutes
- Serve the grilled salmon with brown rice and jerk stir fried vegetables

Top tips

- Instead of chilli powder, you can use fresh chilli such as scotch bonnet
- Add additional spices and fresh herbs such as chopped coriander to suit your taste buds

Jerk stir fried vegetables



Serves 4

A great, tasty way to eat a variety of vegetables

Ingredients

1 onion
2 bells peppers, different colours
3 medium tomatoes
A small head of broccoli
1 tbsp. water
1 tbsp. vegetable oil

Method

1. Start by peeling and thinly slicing the onion.
2. Next remove the core from the peppers and slice them into thin slices
3. Then roughly chop the tomatoes and broccoli florets
4. Place a frying pan over a medium heat and add a tbsp of oil and one of water
5. First add the onion and fry for a couple of minutes before adding the rest of the vegetables
6. Next add a tbsp. of the jerk marinade and mix well. Fry for 8-10 minutes until the vegetable is just starting to soften

Top tips

- You can add any vegetables to the stir fry that you have at home – just remember the more colours mean more varied nutrients
- For a different take, you could add low fat meat such as chicken or turkey to the stir fry instead of eating with salmon

Sauteed callaloo



Serves 4

A simple side dish to enjoy Callaloo, a Jamaican staple

Ingredients

1 onion
4 cloves garlic
2 inch piece of ginger, peeled and grated
4 sprigs thyme, leaves only
3 medium tomatoes
1 scotch bonnet or 1 tps. Chili powder
A good pinch of ground black pepper
1 tin callaloo, drained
3 tbsps. water

Method

- In a frying pan over a low heat, add the water then the onion, garlic and ginger and fry for a couple of minutes (water based cooking - replacing oil with water - is a great way to cook food whilst reducing your oil intake)
- Next add the tomatoes, chilli, thyme leaves and black pepper
- Lastly add the callaloo and cook for a further 5-8 minutes until all the vegetables are fully cooked
- Serve as a side to any dish

Top tips

- If you can't buy callaloo, you can use frozen or fresh spinach instead
- Add additional spices and fresh herbs such as chopped coriander to suit your taste buds

Caribbean chickpea curry



Serves 4

A vegan curry that can be eaten any time of the year

Ingredients

1 large onion
1 red (bell) pepper, deseeded and chopped
3 garlic cloves, crushed
2 inch piece fresh root ginger, peeled and grated
1 red chilli, diced
2 tbsps. low sodium curry powder
1 tin coconut milk (reduced fat)
2 large handfuls spinach, washed and trimmed
1 can chickpeas, rinsed and drained
1 small bunch coriander, finely chopped (cilantro)
3 tbsps. water/150ml water
Juice of 1 lime

Method

1. Add 3 tbsps. water to a large saucepan and cook the onion, red pepper, garlic, ginger and chilli over a low-medium heat, stirring occasionally
2. Next add the chickpeas, curry powder, coconut milk and 150ml water. Cover the pan, reduce the heat and cook very gently for 20 minutes
3. Lastly add the spinach and cook for a few more minutes until the spinach turns bright green and wilts into the curry
4. To finish off chop the coriander leaves roughly and stir into the curry with the lime juice
5. Serve with brown rice

Top tips

- You can add any vegetables to the curry you have at home
- Please any other spices to the dish to suit your tastebuds