

# *Foodie Friday's*

## **Let's Cook With Chef Kem**

### **Saltfish & Spinach**

Ingredients	Method	Time
300g Spinach  6 Cherry Tomatoes  Small onion  Bell Pepper  3 Garlic cloves  1 Pk Saltfish  Spring of Thyme  1 Scotch Bonnet Pepper  Black Pepper  Salt  Oil	<b>Instructions</b>  <i>After washing salt off fish, put fish to boil in saucepan, be careful not to make it boil over, Drain and wash fish again. Left to the side.</i>  <i>Add garlic, Onions, scotch bonnet, bell pepper in a heavy frying pan and sweat until transparent,</i>  <i>Add flaked fish to pan, leave to cook for a further 10 mins.</i>  <i>Add washed and chopped Spinach to pan season with remaining ingredients and leave to cook on a low heat for a further 15 minutes.</i>	<b>Serves: 4</b>  <b>Prep time: 15 mins</b>  <b>Cooking time: 30 mins</b>  <b>Total time: 45 minutes</b>

***Guiding Hands Organisation CIC-Giving You That Extra hand***

