

From the kitchen of Nadia Gorton

Pick up saltfish and crackers/ green plantain

Not Just Rice & Peas

Celebrating Windrush in Devon

Serves 4-6

Prep time: 15 minutes Total time: 30 minutes

1 pack saltfish (or substitute with 1 can jackfruit)	1 Scotch bonnet pepper
1 yellow bell pepper	1 cucumber
1 red bell pepper	1 red onion
4 small tomatoes	Black pepper
	Olive oil

- 1 Soak saltfish overnight.
- 2 Pour water off and resoak for an hour then drain / drain jackfruit and pat dry.
- 3 Flake saltfish / flake jackfruit.
- 4 Dice vegetables.
- 5 Mix vegetables with pick up saltfish.
- 6 Add olive oil.
- 7 Add ground black pepper.
- 8 Let sit for 15 minutes to allow the flavours to blend.

Serve with crackers or fried green plantain.

