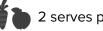
Trinidadian Callaloo

Serves: 8

Prep time: 10 minutes Cook time: 1 hour 20 minutes



2 serves per portion

Ingredients

1 tablespoon olive oil 1 large onion, diced 1 large bunch coriander, roots and stems finely chopped 1 large red or green chilli, deseeded and chopped 4 cloves garlic, minced 1 cup butternut pumpkin, peeled and diced 1 small sweet potato, diced 400ml coconut milk, reduced fat 200g spinach leaves, roughly chopped 1 tablespoon dried thyme 1 teaspoon black pepper 3 cups brown basmati rice



Everyday Food

Method

HEAT olive oil in a large pot over medium heat. SAUTÉ onion, coriander roots and stems, chilli and garlic for 3 minutes. ADD pumpkin, sweet potato, coconut milk and 400ml water to the pot. SIMMER for 15 minutes until vegetables soften. ADD spinach and coriander leaves, thyme and pepper. Wilt for 5 minutes. COOL mixture for one hour. Take off heat or separate into smaller bowls to cool. BLEND contents of pot with a stick mixer. The callaloo should be thick and slimy.

SERVE with cooked brown basmati rice or wholemeal bread. Season to taste.

Recipe courtesy of the Country Kitchens 2023 Country of Study Recipe Collection - Trinidad and Tobago

