

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

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.



Everyday Food

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