

## Vegan Jamaican-style Ackee (no salt fish)

### Ingredients:

- 1 cup onion, diced
- 2 cloves garlic, minced
- ½ cup red bell pepper, diced
- 1-2 stalks scallion or spring onion, chopped
- 1 sprig fresh or 1/2 teaspoon dried thyme
- 1 medium tomato, chopped or 1/2 cup cherry tomatoes cut into halves
- 1 can ackee (10 oz.), drained and set aside
- Celtic sea salt or pink Himalayan Salt, to taste
- 1 pinch cayenne pepper (optional)\*



### Instructions:

1. Heat a large skillet on medium-high heat with 1 tbsp. water or 1 tbsp. coconut milk. Add onions and sauté, stirring occasionally until soft, about 3 minutes.
2. Stir in garlic and bell pepper and sauté for about a minute.
3. Add scallions, thyme, and tomatoes and cook for another minute.
4. Add the ackee. Then sprinkle with salt and optional cayenne pepper (I never add any) stirring gently to combine.
5. Cover skillet and reduce to simmer for 5 minutes.

**Tip:** Serve over brown rice or more traditionally with boiled green banana or breadfruit and callaloo.

\*Traditionally scotch bonnet pepper is used, but this can be irritating to the delicate lining of the stomach.