














# Jamaican Style Escovitch Fish

## with Caramelised Veg and Spiced Sweet Potatoes

A Taste of Jamaica 30-40 Minutes • Medium Spice • 2 of your 5 a day



-  Sweet Potato
-  Caribbean Style Jerk
-  Onion
-  Bell Pepper
-  Spring Onion
-  Garlic Clove
-  Basa Fillets
-  Mixed Herbs
-  Worcester Sauce
-  Red Pepper Chilli Jelly
-  Hot Sauce
-  Sea Bass Fillet
-  Salmon Fillets



Escovitch fish is a popular dish in Jamaica, influenced by Spain. Traditionally, it's made with whole red snapper that's topped with onions, bell peppers, scotch bonnet and vinegar. In our version, we slowly caramelize the onion and pepper before adding hot sauce, Worcester sauce and red pepper chilli jelly to create a balanced spicy, sweet and slightly pickled sauce.

**Pantry Items**  
Oil, Salt, Pepper



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Baking tray, frying pan, garlic press, kitchen paper and baking paper.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Caribbean Style Jerk <b>9</b> )	1 sachet	1 sachet	2 sachets
Onion	1	1	2
Bell Pepper***	1	1	2
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Basa Fillets** <b>4</b> )	2	3	4
Mixed Herbs	1 sachet	1 sachet	2 sachets
Worcester Sauce <b>13</b> )	15g	22g	30g
Red Pepper Chilli Jelly	25g	37g	50g
Hot Sauce	30g	45g	60g
Sea Bass Fillet** <b>4</b> )	2	3	4
Salmon Fillet** <b>4</b> )	2	3	4

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Sea Bass Fillets		Salmon Fillets	
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	593g	100g	563g	100g
Energy (kJ/kcal)	2332 /557	393 /94	2126 /508	378 /90
Fat (g)	4.2	0.7	10.2	1.8
Sat. Fat (g)	1.3	0.2	2.6	0.5
Carbohydrate (g)	78.0	13.2	77.5	13.8
Sugars (g)	36.3	6.1	36.3	6.4
Protein (g)	29.5	5.0	24.1	4.3
Salt (g)	2.02	0.34	1.52	0.27

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**4)** Fish **9)** Mustard **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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## Roast the Sweet Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over **half** the **Caribbean style jerk**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Time to Bake

About 10 mins before the **sweet potatoes** are ready, bake the **fish** on the middle shelf until cooked, 10-12 mins. **IMPORTANT:** The fish is cooked when *opaque in the middle*.



## Prep the Veg

Meanwhile, halve, peel and thinly slice the **onion**. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** and **sliced pepper**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.



## Add the Sauce

Once the **veg** has softened and caramelised, add the **garlic** and **mixed herbs** to the pan. Stir-fry for 1 min. Next, stir in the **Worcester sauce**, **red pepper chilli jelly**, **hot sauce** and **water for the sauce** (see pantry for amount). Simmer until slightly thickened and glossy, 1-2 mins.

Season with **salt** and **pepper**, then remove from the heat.



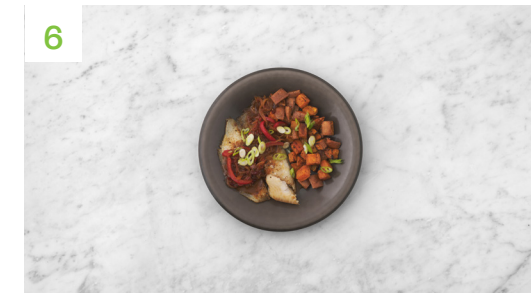
## Flavour the Fish

In the meantime, trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press).

Pat the **basa** dry with kitchen paper. Season with **salt** and **pepper**. Lay the **fish** on a lined, large baking tray.

Sprinkle over the remaining **Caribbean style jerk** and drizzle over a little **olive oil**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.

**Custom Recipe:** If you've chosen to swap to **sea bass fillet** or **salmon fillet**, follow the instructions at the bottom of the page.



## Serve Up

Once ready, transfer the **fish** to your serving plates.

Spoon over the **veg** and **sauce** from the pan (reheat first if needed), then sprinkle over the **spring onion**.

Serve the **roasted sweet potatoes** alongside.

## Enjoy!

### CUSTOM RECIPE



#### SEA BASS FILLETS

Prep the **sea bass** in the same way, then cook, 10-15 mins instead.



#### SALMON FILLETS

Cook the **sweet potatoes** on the middle shelf, 30-40 mins. Prep the **salmon** in the same way. Bake on the top shelf, 10-15 mins.