



Buljol (Salted cod dish)



Serving
10



Prep
10 Minutes



Cook
20 Minutes



Contributer
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- 1 Lb Salted cod
- 2-3 Eggs, hard-boiled, cubed
- 1 Onion, finely chopped
- 2 cloves Garlic, finely chopped
- 1 Tomato, cubed
- 3 Pimento peppers, finely chopped
- 3 sprigs Chives, finely chopped
- 1 Sweet pepper, finely chopped
- ½ tsp Black pepper
- 4-6 tbsp Olive oil

1. Place salted cod in pot filled with water and bring to a boil on the stove. Let it cook for 10 minutes and drain in colander. Repeat this step and drain remaining water. Squeeze to remove excess water.
2. Leave it to cool, then break into small flakes in a bowl.
3. Add all chopped ingredients to cod flakes.
4. Heat olive oil in pan on medium heat, then pour over the cod mixture. Mix ingredients.

DIETITIAN'S MESSAGE

Buljol, with its main ingredient, salted cod (known as "saltfish" in the Caribbean), is a well-loved dish in Trinidad and Tobago, especially at breakfast or brunch. It goes well with whole-grain toast, a few slices of avocado, and of course a dash of hot sauce, for a hearty meal!



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