



Another delicious recipe from  
*Tanya's Kitchen*

## **Curried Ackee**

### **Ingredients**

2 cans of Ackee  
1 small diced green pepper  
1 small diced red pepper  
1 small onion diced  
3 diced plum tomatoes  
½ diced Scotch Bonnet pepper  
2 teaspoons curry powder  
Pinch of parsley  
1 teaspoon olive oil  
Salt and pepper

### **Directions**

- Sautee the onions and peppers together
- Towards the end, add the tomatoes and the Scotch Bonnet pepper
- Season with salt and pepper and stir in the curry powder
- Add the Ackee to the sautéed vegetables, mix well and spoon everything into a baking dish
- Bake at 350 degrees for 30 minutes
- You can find all these ingredients at all your Foster's Food Fair IGA stores