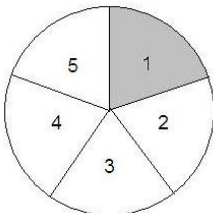



Classic Kedgeree

Serves 3-4

Portions of fruit & vegetables per serving: 1
(based on 3 servings)



Hob needed



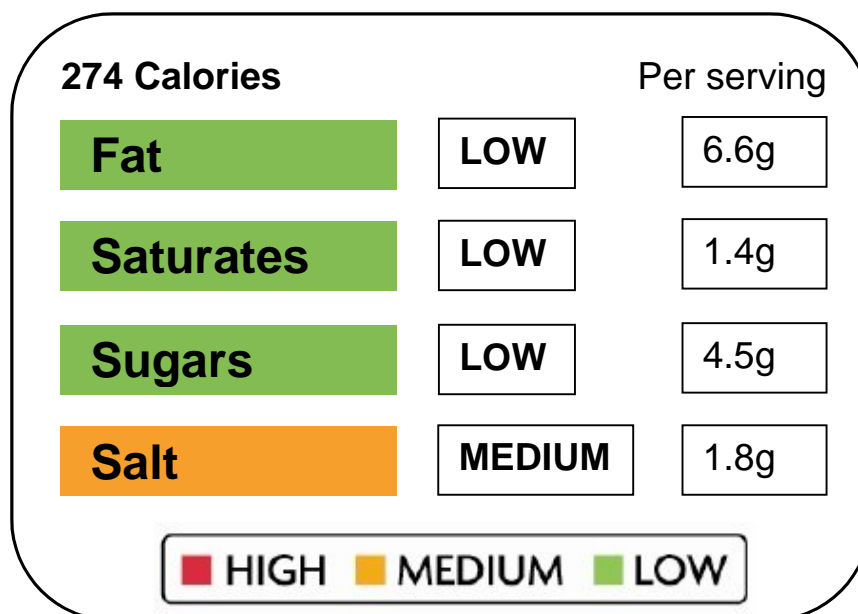
Ingredients	Amount	Preparation
eggs	2 medium	
smoked haddock (or any smoked fish)	350g (12oz)	
bay leaf	1	
vegetable oil	1 dessertspoon	
onion	1 large	chopped
curry powder	1 tablespoon	
turmeric powder	1 teaspoon	
rice	110g (4oz)	
water	600ml (1¼ pint)	
canned or frozen peas	70g (2½oz)	
canned or frozen sweetcorn	70g (2½oz)	
lemon juice	1 tablespoon	
black pepper	to taste	
lemon (optional)	1	sliced
fresh parsley (optional)	4 tablespoons	chopped

Please Turn Over



Method

- 1 Place the eggs in a saucepan of water and bring to the boil. Cook for 7 minutes then leave in cold water until needed. When cooled peel the shells off the eggs then chop one into small cubes and cut one into quarters.
- 2 Put the haddock in a pan with the lemon slices, parsley and bay leaf. Cover with water and bring to the boil, simmer for about 10 minutes until tender.
- 3 Drain the haddock, then remove any skin and bones and flake it. Discard the lemon and bay leaf. Put the fish to one side and cover.
- 4 Put the oil in a deep pan. Add the onions, curry powder and turmeric then fry gently for 4-5 minutes.
- 5 Add the rice, water, peas and sweetcorn. Bring to the boil and simmer for 15 minutes or until all the water has been absorbed. Stir occasionally. Take care the mixture does not stick.
- 6 Stir the flaked fish and chopped egg into the rice mixture. Add the lemon juice and black pepper.
- 7 Put into a pre-warmed dish and garnish with the quartered egg.



Handy Hints

- Serve with salad or vegetables to count more towards your 5-a-day.
- Fish is a great low-fat alternative to meat.

