

Kedgeree for One

Serves: 1

Prep time: 6 Minutes

Cooking time: 10 Minutes

Ingredients:

- ½ tablespoon oil
- ½ onion, finely sliced
- ½ teaspoon grated garlic
- 1 teaspoon grated ginger
- pinch of fennel seeds
- ¼ teaspoon curry powder
- ½ teaspoon green curry paste
- ½ cup cooked rice
- 1 cup cooked mixed green vegetables, roughly chopped
- 1 fillet smoked cod (150g)
- 1 egg
- 1 wedge lemon



*Kedgeree originated in India
It's a dish that is a combination
of rice, smoked fish and
vegetables with a curry flavour.
It is a quick and easy meal,
served hot or cold for breakfast,
lunch or dinner. **Enjoy!***

Method:

- Heat oil in a frying pan over medium heat, add the onion, chilli, garlic, ginger, fennel seeds, curry powder and curry paste. Stir while cooking for 1 minute.
- Add the rice and cooked green vegetables stir to combine, remove from pan and set aside
- Wipe pan, add 1 cup water and bring to a boil, reduce heat, add the smoked cod and cook 5-6 minutes, turn and cook until fish is cooked through. Remove fish with a slotted spoon.
- Break fish into bite-size pieces
- In the same fish water, poach the egg for 2-3 minutes, until cooked to your liking. Remove from pan. Drain on a paper towel
- Wipe the frying pan clean. Return pan to heat
- Add the rice and vegetables and smoked fish, toss gently, add a squeeze of lemon over the top
- Place the fish mixture into a serving bowl, with the poached egg on the top
- **Serve and Enjoy!**
- **Note:**
- You can use any cooked vegetables you like.
- Add chopped coriander for a different flavour, the options are endless