

KEDGEREE

Serves 4

NUTRITIONAL INFORMATION:

High Protein, High Carbohydrate

Kcal: **383**

Protein: **35.5g**

Carbohydrate: **40g**

Fat: **9g**



INGREDIENTS

500g	Smoked Haddock
2	Bay Leaves
500ml	Water
200g	Wholegrain Rice
2	Eggs
100g	Frozen Peas
1 tbsp	Olive Oil
1	Onion
1 tbsp	Medium Curry Powder
2 tbsp	Crème Fraiche Reduced Fat
½	Lemon, juice only

COOKING TIME: 30 minutes

METHOD:

- Poach the haddock in a frying pan with the water & bay leaves for 10 minutes. Drain in a colander over a medium pan, discarding the bay leaves. Flake the fish.
- Add the rice to the pan & stir. Cover with a lid & bring to the boil, reduce the heat and simmer for 10 minutes until all the water has been absorbed and the rice is cooked.
- While the rice is cooking, boil the eggs, de-shell and slice in to quarters. Also boil the peas, drain and set aside.
- In a large pan, add the olive oil & cook the onion until soft. Add the curry powder & cook for another 2 minutes.
- Add the rice, peas and creme fraiche and stir until combined.
- Add the flaked fish and lemon juice, stir until combined.
- Add the eggs and serve.