

Preparation time:	30 mins
Serves:	4 people
User Rating:	★★★★☆

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Popular in England for brekky, we prefer this delicious concoction for lunch or dinner and it tastes just as delicious whether hot or cold. It's an easy meal to throw together on a week night using ingredients you probably already have laying around the kitchen. The best part is, you can cater this meal to the ingredients you *do* have - swapping salmon for tuna, or parsley for coriander (if you're a coriander fiend).

So put aside a quick 30minutes this week to whip up a delicious meal for whole family - and if there's any leftovers - pop it in a container for lunch the next day.



Ingredients

- 4 eggs
- 2 tbsp olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, crushed

- 3 tsp mild curry powder
- 1 ½ cups (250g) basmati rice
- 650ml chicken stock
- Salt and pepper
- 1 cup (120g) frozen peas
- 150g hot smoked salmon, skin removed, flaked
- Chopped fresh parsley, to garnish
- Greek yoghurt and lemon wedges, to serve

Method

1. Place eggs in a saucepan and cover with water. Bring to a gentle boil and cook for 5 minutes (medium boiled eggs), or until cooked to your liking. Drain and immerse in cold water. Peel and slice eggs in half.
2. Meanwhile, heat oil in a large, non-stick frying pan over a medium heat. Add onion and garlic. Cook, stirring for 3 minutes, or until soft. Add curry powder. Cook, stirring for 1 minute, or until fragrant. Stir in rice.
3. Add stock to pan and stir to combine. Simmer gently covered, for 10 minutes. Remove lid. Stir in peas. Cover and cook for a further 3 to 5 minutes, or until rice is tender and peas are cooked. Remove from the heat. Scatter over flaked salmon.
4. Top with eggs. Garnish with chopped parsley. Serve with yoghurt and lemon wedges.

Notes

- Replace salmon with flaked tuna or canned salmon.
- Garnish with chopped green chilli or drizzle with green sriracha just before serving.
- Replace chopped parsley with chopped coriander.
- Kedgeree can be served warm or cold. Great for lunchboxes or picnics.
- To increase the eggs in recipe, stir 3 chopped boiled eggs through rice with salmon and serve another 3 eggs halved on top.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
382g	2030kj 485kcal	24g	19.2g	3.7g	51.9g	3.4g	1110mg	3.6g
Vitamin D								
5.7µg								

All nutrition values are per serve.