

A Fresh Take on Kedgeree



Serves: 4 people

User Rating: ★★☆☆☆

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Ingredients

- 4 large eggs
- 3 fillets (about 350g) snapper (or whatever fish you fancy)
- 2 cups milk
- 1 tsp black peppercorns
- 2 bay leaves
- 2 tbsp extra virgin olive oil
- 2 cloves garlic
- 1 tbsp grated fresh ginger
- 1 tbsp curry powder
- 1 leek, finely sliced
- 450g packet cooked brown rice (or use leftover cooked brown rice that has been kept in the fridge)
- 1 cup frozen green peas
- Handful of fresh coriander (or parsley if you prefer), washed and roughly chopped
- 2 green onions, sliced

Method

1. Place the eggs in a saucepan, cover with water and simmer for 8 minutes to hard boil. Drain, pour over cold water and when cool enough to handle peel and quarter. Set aside.
2. Meanwhile place the fish in a frying pan and cover with the milk. Add the peppercorns and bay leave. Bring to a simmer, cover with a lid and cook for about 5 minutes (depending on thickness of fillets) or until the fish is cooked through. Remove the fish from the pan, take off and discard the skin and roughly flake the flesh leaving in nice bite sized chunks, removing any bones. Remove the peppercorns and bay leaves from the milk, reserving the milk.
3. Wipe out the frying pan and heat the extra virgin olive oil. Add the garlic ginger and curry powder. Stir for 30 seconds or so until fragrant. Add the leek to the pan and sauté for a couple of minutes to soften, taking care not to let it burn.
4. Add the rice to the pan and stir through to cover with the spice mix. Pour in about half of the milk and cook for a few minutes until the rice absorbs most of the milk. Add a little more if it dries out.
5. Add the peas to the pan and stir through, cooking until heated through. Add the fish along the fresh coriander and gently stir through. Season to taste.
6. Spoon into warmed bowls and top each bowl with a quartered egg and scatter with the green onions.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
435g	2220kj 531kcal	35g	20g	5g	48g	9g	184mg	9g	3.55µg

All nutrition values are per serve.