



BrendonCare

Cooking For One

Kedgerree

3oz smoked haddock fillet
1oz frozen chopped onion
Splash of oil
1 egg
1/3 mug of Basmati rice
1 mug boiling water
1tspn of curry paste
1/2 tspn turmeric
1tspn vegetable bouillon
1oz frozen peas
Pinch fresh coriander



Method

1. Pre heat oven at 180° c.
2. Bring a pan of water to the boil, and place the egg in and boil for 5 mins, pull to the side and let stand until required.
3. Pour the oil in the pan and warm, add the chopped onions, and cook gently.
4. Add the curry paste and the turmeric and stir in.
5. Pour in the rice and mix, add the boiling water and the vegetable bouillon and half the haddock chopped up.
6. Bring to the boil, stir, pop on a lid and place in the oven for 10 mins.
7. Remove from the oven, stir in the peas and place the remaining smoked haddock on top, recover with lid and put back in the oven for 7 mins
8. Remove from the oven, and set aside.
9. Shell the egg and cut in half. Serve up into a warm bowl place the piece of haddock on to with the egg and sprinkle with chopped coriander.

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