



Kedgeree - Serves 4

Ingredients:

- 1 tbsp sunflower/olive oil
- 1 medium onions, chopped
- 1 pepper, chopped
- 2 eggs (hard boiled and chopped)
- 200g smoked haddock (cooked) or can of tuna in brine
- 1 tsp curry powder
- 125g brown or white rice (cooked as per instructions on the packet)
- 45ml semi skimmed milk
- A pinch of pepper

Method:

1. Heat the oil in a frying pan and add the onion and pepper; cook for about 5 minutes on a low heat until onions are golden.
2. Add the chopped eggs and cooked fish and fry for a few more minutes.
3. Add curry powder, mix through and cook for a few more minutes.
4. Add cooked rice and mix well with rest of ingredients.
5. Add the milk to moisten the mixture.
6. Add a pinch of pepper to taste.
7. Serve with crusty bread.

Did you know ?

Fish is a good source of protein. It is lower in 'bad' fats than other meats.

It is recommended that you eat two portions of fish per week.

Haddock is high in vitamin B12 and, if you use tuna, not only is it a rich source of lean protein, vitamins and minerals, but is also low in cholesterol.

© 2010 Edinburgh Community Food

22 Tennant Street

Edinburgh

EH6 5ND

T: 0131 467 7326

E: admin@edinburghcommunityfood.org.uk

W : www.edinburghcommunityfood.org.uk