

Kedgerree

Ingredients

- 300g undyed smoked haddock fillet, skin on
- Plain yoghurt
- 4 eggs
- 2 tbsp vegetable oil
- 1 large onion, finely chopped
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 2 tsp curry powder
- 300g easy-cook long grain rice , rinsed under running water
- Lemon juice

Method

- For the rice, heat the oil in a large, lidded pan, add the onion, then gently fry for 5 mins until softened but not coloured. Add the spices, season with salt, then continue to fry until the mix start to go brown and fragrant; about 3 mins.
- Add the rice and stir in well. Add 600ml water, stir, then bring to the boil. Reduce to a simmer, then cover for 10 mins. Take off the heat and leave to stand, covered, for 10-15 mins more. The rice will be perfectly cooked if you do not lift the lid before the end of the cooking.
- Meanwhile, put the haddock in a frying pan, with the rice and onion. Stir through and add yoghurt peel away the skin, then flake the flesh into thumbsize pieces. Place the eggs in a pan, cover with water, bring to the boil, then reduce to a simmer. Leave for 4½-5 mins, plunge into cold water, then peel and cut the eggs into quarters. Gently mix the fish, eggs, and rice together in the pan. Serve hot, sprinkled with a few extra herbs.
- Squeeze lemon juice over and service with brown rice and corn on the cob and fresh spinach