



SMOKED MACKEREL KEDGEREE

Ingredients

1 tbsp. olive oil

1 onion, finely sliced

1 tbsp curry powder

1/4 tsp ground turmeric

2 x 250g pouches of microwaveable wholegrain rice, give them a squeeze to break the rice up a bit.

200 ml vegetable stock

2 large eggs

225g smoked peppered mackerel (or any fish you like, smoked haddock, salmon...)

2 tomatoes, finely chopped, you can use cherry tomatoes halved if you prefer those!

juice of 1 lemon, plus extra wedges, to serve (optional)

handful parsley, roughly chopped

Method

Serves 4

Preparation time 10 minutes

Cooking time about 20 minutes

Heat the oil in a large, deep frying pan. Gently fry the sliced onion for 8-10min until soft.

Add the spices and cook for 1min. Stir in rice, so it is coated in the spicy oil, and fry for 1min.

Add the stock, bring up to the boil and simmer for 3-5min, until piping hot.

Meanwhile, bring a medium pan of water to boil, add eggs and simmer for 7min to soft boil. Drain eggs and run under cold water until cold, then peel and halve.

Flake the mackerel, discarding any skin (to the dog maybe)

Mix the tomatoes, lemon juice and parsley with the rice mixture and season well. Top with mackerel (or fish of choice) and eggs. Serve with extra lemon wedges to squeeze over, if you like.