



Classic kedgeree

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp vegetable oil
- ☐ 1 large onion finely chopped
- ☐ 1 tsp ground coriander
- ☐ 1 tsp turmeric
- ☐ 2 tsp curry powder
- ☐ 200 g rice long grain cold rinsed
- ☐ 6 eggs
- ☐ 400 ml milk

- ☐ 300 g haddock smoked
- ☐ 2 bay leaves
- ☐ 1 small handful cilantro leaves chopped

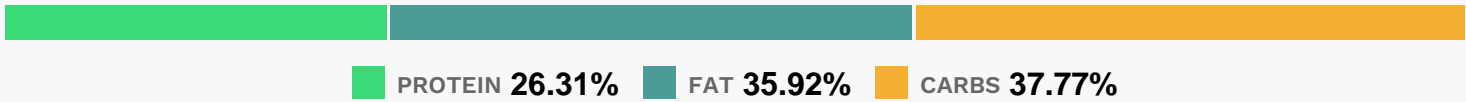
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil and cook the onion in a pan with a well-fitting lid until soft but not coloured.
- ☐ Add the spices and some salt and continue to cook until golden and fragrant, about 4 mins.
- ☐ Sprinkle over the rice and stir it well so that all the grains are coated. Stir in 400ml water, increase the heat, cover the pan, then bring to the boil. Once boiling, turn to a simmer and cook for 10 mins. Turn the heat off and leave to steam, covered, for 20 mins. The rice should be perfectly cooked if you dont lift the lid before the end of the time.
- ☐ Place eggs in a pan and cover with cold water, put on a high heat and bring to the boil. Simmer for 3 mins for soft, or 5–6 mins for hard-boiled. Plunge into cold water until cool enough to peel, then quarter.
- ☐ Meanwhile, pour the milk over the haddock in a shallow pan and bring to a gentle simmer. Poach for 5–8 mins until just cooked through and flesh flakes easily.
- ☐ Remove from the milk, peel off and discard the skin and flake the fish.
- ☐ Gently stir fish, herbs and seasoning into the rice, top with the eggs and serve.

Nutrition Facts



Properties

Glycemic Index:28.03, Glycemic Load:17.79, Inflammation Score:-10, Nutrition Score:15.693478242211%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 358.57kcal (17.93%), Fat: 14.1g (21.69%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 33.35g (11.12%), Net Carbohydrates: 32.04g (11.65%), Sugar: 4.61g (5.12%), Cholesterol: 210.43mg (70.14%), Sodium: 473.68mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.47%), Selenium: 41.64µg (59.48%), Phosphorus: 332.54mg (33.25%), Vitamin B12: 1.56µg (26.05%), Manganese: 0.49mg (24.68%), Vitamin B6: 0.42mg (20.86%), Vitamin B2: 0.35mg (20.49%), Vitamin B3: 3.26mg (16.3%), Calcium: 155.5mg (15.55%), Vitamin K: 15.81µg (15.06%), Vitamin B5: 1.39mg (13.89%), Magnesium: 54.97mg (13.74%), Vitamin D: 2.04µg (13.58%), Potassium: 473.18mg (13.52%), Iron: 2.21mg (12.3%), Zinc: 1.57mg (10.45%), Vitamin E: 1.54mg (10.29%), Folate: 37.24µg (9.31%), Vitamin A: 443.11IU (8.86%), Vitamin B1: 0.12mg (7.86%), Copper: 0.15mg (7.43%), Fiber: 1.31g (5.24%), Vitamin C: 2.28mg (2.76%)