



Creamy smoked haddock & saffron kedgeree

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g rice
- ☐ 50 g butter
- ☐ 3 hardboiled eggs shelled halved
- ☐ 200 ml double cream
- ☐ 500 g naturally haddock smoked skinless
- ☐ 100 ml white wine
- ☐ 1 tsp cayenne pepper
- ☐ 1 pinch saffron strands

- ☐ 1 tbsp mild curry powder
- ☐ 6 servings nutmeg freshly grated
- ☐ 1 small handful flat-leaf parsley chopped
- ☐ 1 optional: lemon cut into wedges, to serve

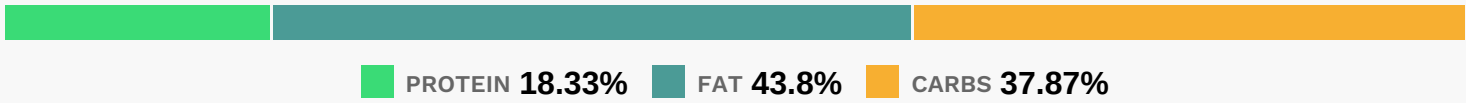
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Cook basmati rice, leave to cool.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease a large ovenproof dish with some of the butter. Push the egg yolks through a sieve and roughly chop the whites.
- ☐ Gently heat the cream in a frying pan until just below boiling point, then add the fish. Cover and poach for 4 mins.
- ☐ Place the wine in a pan with the saffron and warm to infuse. In a large bowl, mix together the rice, cayenne, curry powder, nutmeg, seasoning, chopped egg whites and saffron-infused wine. Lift the fish out of the cream and flake into the bowl removing any bones as you find them. Scrape in the cream and gently mix together once more.
- ☐ Tip everything into the buttered dish and dot the top with the remaining butter.
- ☐ Bake to heat through for 20 mins, then serve scattered with the parsley and sieved egg yolk, with lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:64.61, Glycemic Load:24.88, Inflammation Score:-7, Nutrition Score:16.0973912322%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.09mg, Hesperetin: 5.09mg, Hesperetin: 5.09mg, Hesperetin: 5.09mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 490.89kcal (24.54%), Fat: 23.2g (35.7%), Saturated Fat: 13.54g (84.62%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 43.12g (15.68%), Sugar: 2.57g (2.86%), Cholesterol: 194.06mg (64.69%), Sodium: 276.18mg (12.01%), Alcohol: 1.74g (100%), Alcohol %: 0.92% (100%), Protein: 21.85g (43.7%), Selenium: 38.25µg (54.64%), Manganese: 0.7mg (34.88%), Phosphorus: 326.25mg (32.62%), Vitamin B12: 1.87µg (31.17%), Vitamin A: 1076.06IU (21.52%), Vitamin B6: 0.4mg (20.23%), Vitamin B3: 3.78mg (18.89%), Vitamin B2: 0.28mg (16.46%), Vitamin K: 14.15µg (13.48%), Vitamin C: 11.04mg (13.39%), Vitamin B5: 1.33mg (13.31%), Potassium: 431.11mg (12.32%), Magnesium: 45.28mg (11.32%), Vitamin E: 1.54mg (10.28%), Vitamin D: 1.5µg (10.02%), Copper: 0.17mg (8.65%), Zinc: 1.29mg (8.62%), Folate: 33.22µg (8.3%), Iron: 1.47mg (8.14%), Fiber: 2.02g (8.09%), Calcium: 76.07mg (7.61%), Vitamin B1: 0.09mg (6.3%)