



Smoked salmon kedgeree

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g rice
- ☐ 8 eggs
- ☐ 400 g pack salmon smoked sliced
- ☐ 1 knob butter
- ☐ 450 g onion red sliced
- ☐ 8 garlic cloves sliced
- ☐ 1 large knob ginger fresh peeled chopped
- ☐ 1 tsp fennel and cumin seeds

- ☐ 6 cardamom pods
- ☐ 4 bay leaves
- ☐ 1 tbsp tomato purée
- ☐ 1 tsp curry powder
- ☐ 1 large bunch coriander chopped
- ☐ 1l chicken stock see fresh
- ☐ 284 ml double cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ To make the sauce, heat the butter in a large pan, then tip in the onions, garlic, ginger, spices and bay. Fry over medium heat for 8–10 mins until the onions colour. Stir in the pure, curry powder and coriander stalks, then cook for a few mins until everything is sticky.
- ☐ Pour in the stock and cream, season, stir well, then bring to the boil. Gently simmer for 15 mins until reduced by half. Strain through a sieve into a container. Keep covered in the fridge for up to two days.
- ☐ Rinse the rice in several changes of water, then put in a pan with enough cold water to cover it by 1.5cm. Cover the pan, then place over a high heat. Bring to a fast boil, stir, return the lid, turn heat to minimum, then leave the pan for 2 mins. Turn the heat off; leave for a further 10 mins. If making ahead, cool quickly, then refrigerate.
- ☐ On the day, poach the eggs, then set aside. Roughly chop the salmon and coriander leaves. Reheat rice until piping hot.
- ☐ Heat sauce until simmering, then stir in the rice. Stir though salmon and most of the coriander. Spoon into bowls

Nutrition Facts



 **PROTEIN 19.08%**  **FAT 44.28%**  **CARBS 36.64%**

Properties

Glycemic Index:28.77, Glycemic Load:19.53, Inflammation Score:-7, Nutrition Score:21.028260873712%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg

Nutrients (% of daily need)

Calories: 478.86kcal (23.94%), Fat: 23.41g (36.02%), Saturated Fat: 11.93g (74.55%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 41.48g (15.08%), Sugar: 5.79g (6.43%), Cholesterol: 224.98mg (74.99%), Sodium: 668.85mg (29.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.4%), Vitamin D: 10µg (66.68%), Selenium: 40.05µg (57.21%), Manganese: 1mg (50.17%), Vitamin B12: 2.08µg (34.72%), Phosphorus: 294.96mg (29.5%), Vitamin B2: 0.47mg (27.77%), Vitamin B3: 5.19mg (25.93%), Vitamin B6: 0.48mg (24.12%), Vitamin A: 963.43IU (19.27%), Copper: 0.35mg (17.55%), Vitamin B5: 1.69mg (16.86%), Potassium: 493.31mg (14.09%), Iron: 2.5mg (13.89%), Vitamin E: 1.75mg (11.65%), Zinc: 1.68mg (11.18%), Folate: 44.66µg (11.16%), Magnesium: 43.52mg (10.88%), Calcium: 97.86mg (9.79%), Vitamin B1: 0.15mg (9.69%), Fiber: 2.12g (8.48%), Vitamin C: 6.44mg (7.81%), Vitamin K: 5.51µg (5.25%)