



# UCCOOK

## Smoked Trout Kedgeree

with curried mayo, almonds & turmeric rice

Smoked trout laced through a glorious mixture of golden turmeric rice, fresh tomatoes & peas. Taken to the next level with curried mayo & nutty almonds. This is a wholesomely homestyle golden delicious dish bound to take first prize every time!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Sarah Hewitt

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 Fan Faves

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## Ingredients & Prep

300ml	White Basmati Rice <i>rinsed</i>
3,75ml	Ground Turmeric
12g	Fresh Parsley
3	Tomatoes
300g	Leeks
120g	Smoked Trout Ribbons
60g	Almonds
2	Onions <i>1½ peeled &amp; roughly sliced</i>
150g	Peas
45ml	Lemon Juice
150ml	That Mayo (Original)
30ml	Medium Curry Powder

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s (optional)  
Butter (optional)

**1. GOLDEN RICE** Place the rinsed rice in a pot with the turmeric and 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. CHOP CHOP** While the rice is simmering, rinse, pick, and roughly chop the parsley. Rinse and roughly dice the tomato. Trim the leeks and cut in half lengthwise. Rinse the halved leeks and roughly chop. Roughly chop the smoked trout.

**3. TOASTED ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. GET THE KED GOING** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion and the chopped leeks until golden brown, 8-10 minutes (shifting occasionally).

**5. PEDEGREEE KEDGEREE** When the onions are done, add the cooked rice, the diced tomatoes, and the peas to the pan. Cook until heated through, 2-3 minutes. Remove from the heat and gently mix in the smoked trout pieces, ½ the lemon juice, and seasoning. In a small bowl, combine the mayo with the curry powder, the remaining lemon juice, and seasoning.

**6. SO FINE!** Plate up the hearty kedgerree and sprinkle over the chopped parsley. Dollop with the curried mayo and garnish with the almonds. Dig in, Chef!



## Chef's Tip

If you would like to add a boiled egg, bring a small pot of water to the boil. Once boiling, add the egg/s and boil for 8-10 minutes for a medium-hard result. Peel and quarter the egg/s.

## Nutritional Information

Per 100g

Energy	740kj
Energy	177kcal
Protein	5.6g
Carbs	25g
of which sugars	2.9g
Fibre	3.3g
Fat	5.9g
of which saturated	1.3g
Sodium	182mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Fish, Tree Nuts

Cook  
within 1  
Day