



# UCOOK

## Poached Trout Kedgeree

**with curried mayo, almonds & turmeric rice**

Gently poached trout flaked through a glorious mixture of golden turmeric rice, onions, fresh tomatoes, and peas. Taken to the next level with curry-garlic mayo, with zesty lemon and toasted almonds bringing it all together – wholesomely homestyle!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Fan Faves

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 Delheim Wines | Delheim Gewürztraminer

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## Ingredients & Prep

75ml	White Basmati Rice <i>rinsed</i>
1,25ml	Turmeric
10g	Almonds
1	Onion <i>½ peeled &amp; finely sliced</i>
1	Rainbow Trout Fillet
1	Tomato <i>rinsed &amp; diced</i>
40g	Peas
1	Lemon <i>½ cut into wedges</i>
22,5ml	That Mayo (Garlic)
5ml	Medium Curry Powder
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. GOLDEN RICE** Place the rinsed rice in a pot with the turmeric over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

**2. ALL ABOUT ALMONDS** Boil the kettle. Place a pan over a medium-high heat. Toast the almonds for 3-5 minutes until golden brown. Remove from the pan on completion and set aside. Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 12-15 minutes until golden brown and starting to crisp up. Remove from the heat and season. Set ¼ of the onions aside for garnishing (keep the rest of the onions in the pan).

**3. ABOUT THE TROUT...** In a pot, add 50ml of boiling water, 30ml of milk (optional), a generous pinch of salt, and bring to a boil. Place the trout in the pot and top up with boiling water until the trout is submerged. Cook uncovered for 2 minutes, or until the thickest part of the trout turns opaque. Remove the trout from the pot and discard the poaching liquid. Carefully remove any skin or bones before flaking the trout into large chunks.

**4. OPTIONAL EGG** Bring a small pot of water to the boil. Once boiling, place an egg in the pot and cook for 6 minutes for medium-soft, 6-8 minutes for medium, and 8-10 minutes for a medium-hard boiled egg. On completion, remove the egg from the pot and submerge in cold water. Peel when cool enough to handle and quarter.

**5. PEDEGREE KEDGEREE** Return the pan with the onions to a medium heat. Add the cooked rice, diced tomatoes, and peas, and cook for 2 minutes until heated through. Remove from the heat, gently mix in the flaked trout, the juice from 1 lemon wedge, and seasoning. If using egg, add ¾ of the boiled egg quarters to the rice. In a small bowl, combine the garlic mayo with the curry powder, a squeeze of lemon juice, and season.

**6. SO FINE!** Plate up the hearty kedgerree and sprinkle over the chopped parsley. Dollop with curried garlic mayo and garnish with the reserved crispy onions, the remaining egg (if used), toasted almonds, and lemon wedges. Dig in!



## Chef's Tip

The fried onions should be deep brown but not burnt, so if it's browning too quickly, reduce the heat. If bits get stuck to the pot, deglaze it with drops of water and a good scrape.

## Nutritional Information

Per 100g

Energy	629kJ
Energy	150kcal
Protein	8.3g
Carbs	19g
of which sugars	2.1g
Fibre	2.4g
Fat	4.6g
of which saturated	1g
Sodium	39mg

## Allergens

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

Cook  
within 2  
Days