

QCOOK

Curried Trout Kedgeree

with lemony-yoghurt

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	403kj	2075kj
Energy	96kcal	497kcal
Protein	7.1g	36.6g
Carbs	11g	59g
of which sugars	2g	10g
Fibre	2g	8g
Fat	2.1g	10.7g
of which saturated	0.5g	2.4g
Sodium	20mg	104mg

Allergens: Sulphites, Fish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Brown Basmati Rice <i>rinse</i>
1,25ml	2,5ml	Ground Turmeric
1	2	Rainbow Trout Fillet/s
1	1	Onion <i>peel & finely slice ½ [1]</i>
2,5ml	5ml	Medium Curry Powder
1	1	Tomato <i>rinse & roughly dice</i>
40g	80g	Peas
40ml	80ml	Low Fat Plain Yoghurt
10ml	20ml	Lemon Juice
50g	100g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

Oil (cooking, olive or coconut) (optional)

1. **RICE** Place the rice in a pot with turmeric and 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 20-25 minutes. Drain (if necessary) and cover.

2. **TROUT** Place a pan over medium-high heat. Pat the trout dry with paper towel, lightly spray with cooking spray, or add a drizzle of oil to the pan (optional) and season. When hot, fry the fish, skin-side down, until crispy, 2-3 minutes. Flip and fry the other side until cooked through, 30-60 seconds. Remove from the pan. Using two forks, break apart the trout flesh into flakes and roughly chop the crispy skin.

3. **PEDEGREE KEDGEREE** Return the pan to medium heat. Lightly spray the onion with cooking spray or add a drizzle of oil to the pan (optional). Fry the onion until soft and lightly golden, 5-6 minutes (shifting occasionally). Add the curry powder and fry until fragrant, 30-60 seconds. Mix in the rice, tomato, and peas. Cook until heated through, 2-3 minutes, shifting occasionally. Remove from the heat, gently mix in the flaked trout, crispy skin, and season.

4. **SOME PREP** In a small bowl, combine the yoghurt with ½ the lemon juice (to taste), and season.

5. **DINNER IS READY** Bowl up the trout kedgerree, scatter over the cucumber, and drizzle over the remaining lemon juice (to taste). Finish with dollops of the lemony-yoghurt and garnish with a sprinkle of the dill. Dig in, Chef.