



# UCOOK

## Healthy Trout Kedgeree

**with curried yoghurt, crispy onions & turmeric rice**

Gently poached trout within a glorious mixture of golden turmeric rice, crispy onions, fresh tomatoes, and peas. Taken to the next level with curried yoghurt and toasted almonds to bring it all together.

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**Hands-On Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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♥ Health Nut

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🍷 Robertson Winery | Sauvignon Blanc

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## Ingredients & Prep

225ml	Brown Basmati Rice
3,75ml	Turmeric
30g	Flaked Almonds
2	Onions <i>1½ peeled &amp; finely sliced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
3	Rainbow Trout Fillets
2	Tomatoes <i>rinsed &amp; diced</i>
120g	Peas
2	Lemons <i>1½ cut into wedges</i>
60ml	Low Fat Plain Yoghurt
15ml	Curry Powder
12g	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)  
Paper Towel  
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 steam for 10 minutes. On completion, drain if necessary.

**2. CRISP & TOAST** 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. 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 15-20 minutes until golden brown and starting to crisp up. In the final 1-2 minutes, add the grated garlic and fry until fragrant. Remove from the heat and season. Set ¼ of the onions aside for garnishing (keep the rest of the onions in the pan).

**3. POACHED TROUT** In a large pot, add 150ml of boiling water, 90ml 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 5 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 3 eggs 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 eggs 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, peas, and cook for 2 minutes until heated through. Remove from the heat, gently mix in the flaked trout, the juice from 3 lemon wedges, and seasoning. If using eggs, add ¾ of the boiled egg pieces to the rice. In a small bowl, combine the yoghurt with the curry powder, a squeeze of lemon juice, and season.

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

## Nutritional Information

Per 100g

Energy	514kJ
Energy	123Kcal
Protein	8g
Carbs	16g
of which sugars	2.1g
Fibre	2.9g
Fat	3.2g
of which saturated	0.5g
Sodium	17mg

## Allergens

Gluten, Dairy, Allium, Wheat, Fish, Tree Nuts

Cook  
within 2  
Days