



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.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

♥ Health Nut

🍷 Robertson Winery | Sauvignon Blanc

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Ingredients & Prep

75ml	Brown Basmati Rice
1,25ml	Turmeric
10g	Flaked Almonds
1	Onion <i>½ peeled & finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Rainbow Trout Fillet
1	Tomato <i>rinsed & diced</i>
40g	Peas
1	Lemon <i>½ cut into wedges</i>
20ml	Low Fat Plain Yoghurt
5ml	Curry Powder
4g	Fresh Parsley <i>rinsed, picked & 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 12-15 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 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, 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 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