



# UCOOK

## Crispy Trout Kedgeree

with curried mayo, almonds & turmeric rice

We're using a popular British breakfast as inspiration for dinner tonight: kedgeree! Fluffy turmeric rice is loaded with pops of peas, tangy tomato, flaky trout, & caramelised onions, topped with an optional boiled egg, and sided with a curry-infused mayo. Finished with fresh parsley and crunchy almonds.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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Fan Faves

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Creation Wines | Creation Viognier

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## Ingredients & Prep

|       |  |
|-------|--|
| 150ml | White Basmati Rice<br><i>rinse</i>                     |
| 2,5ml | Ground Turmeric  |
| 20g   | Almonds<br><i>roughly chop</i>                         |
| 2     | Rainbow Trout Fillets                                  |
| 1     | Onion<br><i>peel &amp; finely slice</i>                |
| 1     | Tomato<br><i>rinse &amp; dice</i>                      |
| 80g   | Peas   |
| 100ml | Mayo   |
| 10ml  | Medium Curry Powder                                    |
| 30ml  | Lemon Juice  |
| 5g    | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with turmeric and 300ml 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. NUTS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. TROUT** Return the pan to medium-high heat with a drizzle of oil. Pat the trout dry with paper towel. 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 and season. Using two forks, break apart the trout flesh into flakes and roughly chop the crispy skin.

**4. OPTIONAL EGG** Bring a small pot of water to the boil. Once boiling, place the 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 eggs. 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 to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). Mix in the cooked rice, the diced tomatoes, and the peas. Cook until heated through, 1-2 minutes shifting occasionally. Remove from the heat, gently mix in the flaked trout, the crispy chopped skin, and season.

**6. SOME PREP** In a small bowl, combine the mayo with the curry powder, ½ of the lemon juice (to taste), and season.

**7. DINNER IS READY** Plate up the hearty kedgerree and sprinkle over the chopped parsley. Dollop with the curried mayo, sprinkle over the toasted almonds and garnish with the remaining eggs (if used). Drizzle over the remaining lemon juice. Dig in!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 638kJ   |
| Energy             | 153kcal |
| Protein            | 6.7g    |
| Carbs              | 15g     |
| of which sugars    | 3.1g    |
| Fibre              | 1.8g    |
| Fat                | 7g      |
| of which saturated | 0.7g    |
| Sodium             | 47mg    |

## Allergens

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

Eat  
Within  
2 Days