

Kedgerree

340g (12oz) smoked haddock or whiting fillets,
skinned and cubed

30g (1oz) butter or margarine

pinch of nutmeg

115g (4oz) rice, cooked

1 x 15ml spoon (1 tablespoon) fresh chopped
parsley

1 egg, hard-boiled and chopped

juice of half lemon

black pepper

lemon rind, grated to garnish

NUTRITIONAL VALUES PER PORTION

(APPROX)

184 Kilocalories; 18g Protein; 9g Fat; 9g Carbohydrate; 0g Fibre.



Melt the butter in a large pan, add the fish, cover and cook gently for about 3 minutes, stirring occasionally.

Stir in rice and cook for a further 4-5 minutes.

Add the nutmeg, parsley, egg, lemon juice and seasoning. Cook for a further 2 minutes, stirring until piping hot.

Garnish with the lemon rind and serve