

Kipper Kedgeree

Serves 1

1 x 175g (6oz) kipper fillet, fresh or defrosted, skinned and cubed
75g (3oz) long grain rice
225ml (8fl oz) boiling water
15g (12 oz) butter
125g (4oz) broccoli florets
1 hard-boiled egg, chopped
salt and black pepper



1. Place the rice and water in a suitable bowl, cover and cook on HIGH for 7-8 minutes stirring once. Leave to stand.
2. Melt the butter in a suitable dish for 30 seconds, stir in the broccoli. Cover and cook on HIGH for 1 minute.
3. Stir in the fish, cover and cook on HIGH for a further 2 minutes.
4. Stir in the rice and add the egg. Cover and cook on HIGH for 2-3 minutes or until piping hot.
5. Leave to stand for 2 minutes, season before serving.