

Shellfish Kedgeree

455g (1lb) mixed shellfish (prawns, mussels, squid), rinsed
30g (1oz) butter
1 onion, chopped
1 x 5ml spoon (1 teaspoon) ground coriander
1 x 5ml spoon (1 teaspoon) ground turmeric
salt and black pepper
1 bay leaf
225g (8oz) long grain or basmati rice
600ml (1 pint) hot water
2 eggs, hard-boiled and chopped
7 x 10ml spoon (7 desertspoons) single cream (optional)



fresh parsley, to garnish

Serves 4

NUTRITIONAL VALUES PER PORTION (APPROX) 419 Kilocalories;

23g Protein; 14g Fat; 50g Carbohydrate; 1g Fibre

Melt the butter in a pan and cook the onion until soft.

Add the spices, seasoning and bay leaf. Cook for 1-2 minutes and stir in the rice. Pour in the water and bring to the boil. Cover and simmer for 15 minutes.

Stir in the eggs, shellfish and cream (if used). Cook for a further 5 minutes.

Remove the bay leaf and garnish with the parsley before serving