



# Salmon kedgeree

Prep: 10 minutes • Cook: 20 minutes • Serves: 4



## Ingredients

1 teaspoon olive oil  
1 large onion, finely chopped  
240g basmati rice  
1 teaspoon curry powder  
200g frozen peas  
200g fresh or frozen green beans, trimmed  
200g flaked cooked salmon  
4 eggs, hard-boiled for 6 minutes  
Handful parsley, chopped

- 1 Heat the oil in a pan and gently cook the onion for 10 minutes until soft.
- 2 Meanwhile cook the rice according to the packet instructions.
- 3 Once both the onions and rice are cooked, add the rice and curry powder into the pan with the onions and stir together.
- 4 Boil the peas and green beans in plenty of water, drain and add to the pan with the rice.
- 5 Then add the cooked salmon, stir to combine, and heat through.
- 6 Quarter the eggs and serve on top of the kedgeree, sprinkled with parsley.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low fat (less than 3g/100g) ✗  
Carbohydrate **61g**  
Low protein ✗  
Low salt ✓  
Cost per portion (December 2022) **£2.62**  
Energy in kcals **500**