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## Salmon Kedgeree with Green Beans & Boiled Eggs

Kedgeree is one of our favourite dishes formed by the fusion of Indian cuisine and English cooking. First gaining popularity in Victorian English society, it's not hard to see why this moreish blend of salmon, fragrant rice, parsley and the finishing touch of a boiled egg is still enjoyed so widely today.



**Prep:** 15 mins

**Cook:** 20 mins

**Total:** 35 mins



level 1



helping hands



eat me first

### Pantry Items



Water



Olive Oil



Basmati Rice



Eggs



Salmon



Brown Onion



Green Beans



Garlic



Mild Curry Powder



Parsley



Lemon

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QTY	Ingredients	
2 packets	basmati rice, rinsed well	
6 cups	water *	
4-5	eggs	
2 fillets	salmon	
1 tbs	olive oil *	
1	brown onion, finely sliced	
1 bag	green beans, chopped into 3 cm lengths	
2 cloves	garlic, peeled & crushed	
1 sachet	mild curry powder ( <b>recommended amount</b> )	
1 bunch	parsley, finely chopped	
½	lemon, sliced into wedges	

Ingredient features in another recipe

\* Pantry Items

Pre-preparation

#### Nutrition per serve

Energy	2280	Kj
Protein	32.2	g
Fat, total	17.9	g
-saturated	4.3	g
Carbohydrate	62.1	g
-sugars	2	g
Sodium	237	mg



**You will need:** *chef's knife, chopping board, sieve, garlic crusher, medium saucepan, small saucepan, large deep frying pan, tongs, plate, fork and wooden spoon*

**1** Place the **basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes** or until the rice is soft. Drain.

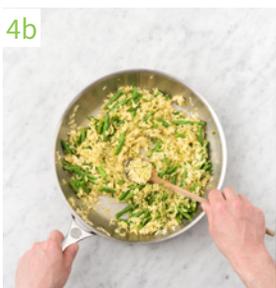


**2** Meanwhile, bring a small saucepan of water to the boil. Place the **eggs** in the boiling water. Boil for **6-7 minutes**, for medium-hard yolk, drain and refresh under cold water. Peel the eggs and slice into wedges. Set aside.

**3** Heat a large deep frying pan over medium-high heat. Season the **salmon** with **salt** and **pepper** and drizzle with half the **olive oil**. Cook the salmon for **3-4 minutes** on each side, or until cooked through. Set aside on a plate and flake the salmon into pieces with a fork.



**4** In the same frying pan, heat the remaining olive oil. Add the **brown onion** and **green beans** and cook, stirring, for **5 minutes** or until the onion and beans soften. Add the **garlic** and **mild curry powder** and cook, stirring, for **30 seconds**, or until fragrant. Add the cooked basmati rice and half the **parsley**, and gently toss to combine. Remove from the heat and stir through the flaked salmon. Toss to combine. Season to taste with salt and pepper.



**5** To serve, divide the kedgeree among serving bowls and top with egg, remaining parsley and **lemon wedges**. Dig in!

**Did you know?** Most salmon will die as a result of exhaustion after spawning.