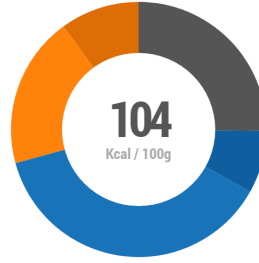


Smoked haddock kedgeree (website)

OVERVIEW ...



CALORIES:

45.6% Carbs

25.2% Protein

29.3% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT



EGGS



MILK



FISH



MUSTARD

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

111158 M&J Seafood Dyed Smoked MSC Haddock (skin on, boneless).....

111158 SMOKED HADDOCK

BRAKES

86g

1 x Each

unchanged

74455 Fresh Organic Whole Milk..

MILK

BRAKES

100g

unchanged

150232 Brakes Pilau Rice Portions.. - BRAKES

150232 PILAU RICE PORTIONS

BRAKES

167g

1 x Each

unchanged

16392 Brakes 18 British Free Range Fresh Medium Eggs.. - BRAKES

16392 EGG

BRAKES

28g

0.5x Each

unchanged

113881 Herb Bunched Flat Leaf Parsley..

PARSLEY FRESH DIRECT

BRAKES

5g

N/A

114212 Chillies Red..

CHILLIES RED FRESH DIRECT

BRAKES

2g

Each

unchanged

4753 Sysco Classic Choice Garden Peas..

CHOICE GARDEN PEAS

BRAKES

20g

unchanged

134544 Kuhne Crispy Fried Onions..

FRIED ONIONS

BRAKES

5g

Each

N/A

89761 Sysco Essentials Chip Shop Curry Sauce..

CHIP SHOP CURRY SAUCE

BRAKES

10g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 423g / 448kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the haddock
Defrost the rice
Chop the parsley
Slice the chilli

Method:

1. In a pan of boiling water cook the egg for 6 mins - refresh, cool, peel and cut the egg in half.
2. Place the haddock in a pan with the milk - bring to a gentle boil and then remove from the heat and cover.
3. Place the rice in a microwave and cook at full power for a minute - transfer this to a pan with the peas and parsley, spoon in a little of the haddock cooking liquid to soften the rice.
4. Heat the curry sauce in a small pan.
5. Spoon the rice into a suitable dish and gently flake the haddock over the rice removing any skin.
6. Place the egg on top, garnish with the curry sauce, crispy onions and chilli - serve!