

Fish kedgeree

A breakfast dish that's tasty at any time of the day, and a great way to use up food items you have on hand.

Serves 1
Prep time 5 minutes
Cooking time 15 minutes
Carb count 3.5 g

EQUIPMENT

Small pot with a lid, chopping boards, knives, pot of boiling water

INGREDIENTS

60 ml (4 tbsp) cream
60 ml (4 tbsp) water
150 g (medium-sized fillet) white fish (sole, John Dory or similar)
salt and pepper to taste
1 poached egg (page 96)
50 g (½ cup) Cauliflower pilau (page 154)
75 g (1 cup) cooked green vegetables (broccoli, asparagus, green beans)
pinch of turmeric

METHOD

Put the cream, water and fish in the small pot. Bring to the boil and season. Place the lid on, take off the heat and leave to gently cook through for 5 minutes. Meanwhile, poach the egg (see page 96) and drain. Remove the cooked fish from the pot and set aside. Add the Cauliflower pilau to the creamy liquid in the pot and put back on a high heat for 1 minute. Add in the cooked vegetables to reheat along with the pilau. Serve the pilau and vegetables with the fish, topped with the poached egg, and season again. Add a pinch of turmeric for flavouring.

