



Salmon Kedgeree

(makes 2 servings)

If you like kedgeree, you'll love this! Breakfast or anytime, it's filling and really rich in healthy fats - and - it can be made the night before and reheated - win, win!

Ingredients

2 x Omega 3-rich eggs
375ml fish or vegetable stock
1 salmon steak or fillet (skin on)
1 small onion, peeled and finely sliced
2 dill fronds
1 inch/2.5cm piece of fresh ginger, peeled and finely sliced
Juice of half a lemon
1 tablespoon avocado oil
6 spring onions, cleaned and finely sliced
¼ teaspoon ground cumin
¼ teaspoon ground coriander
¼ teaspoon ground turmeric
200g white basmati rice
2 handfuls baby spinach leaves
2 handfuls of flaked almonds

Method

Place the eggs in a pot of cold water, bring slowly to the boil, turn the heat down to a gentle bubble and cook for 5 minutes then run the pot under cold water until the eggs cool slightly, drain and set aside.

Pour the stock into a shallow sauté pan, add the onion, dill, ginger, lemon juice, a pinch of sea salt and a few good grindings of black pepper and bring slowly to the boil.

Turn the heat to a gentle simmer, place the salmon on top (skin side down), cover the pan with a lid or foil and cook for 10-15 minutes or until the salmon is cooked to your liking.

Meanwhile, warm the avocado oil in another sauté pan over a medium heat, add the spring onions, the spices and a pinch of sea salt and cook, stirring regularly until the spring onions are soft.

Add the rice, stir well before turning the heat to very low and continuing to simmer very gently.

When the salmon is cooked, lift it out onto a plate, remove the skin and cover with foil to keep it warm.

Strain the liquid into the rice and spice mixture, turn up the heat a little and simmer for 15 minutes or until the rice is cooked but still has a slight bite to it.

Quickly toast the flaked almonds in a dry frying pan over a gentle heat until golden and crunchy before turning off the heat.

Flake the salmon and add to the rice along with the spinach, stir gently and simmer for another 5 minutes or until the fish is well-warmed through and the spinach has wilted.

Quickly peel the boiled eggs and chop them roughly before adding to the kedgeree.