



# KEDGEREE STYLE RICE

with Smoked Haddock & Green Beans



## HELLO TURMERIC

*Buddhist monks used to dye their robes yellow using turmeric.*



Onion



Water



Vegetable Stock Pot



Ground Turmeric



Basmati Rice



Smoked Haddock Fillet



Green Beans



Flat Leaf Parsley



Sour Cream

MEAL BAG

35 mins

1.9 of your 5 a day

Kedgerie is a brilliant example of an Anglo-Indian culinary mash up, having started its life as 'khichari', a spiced Indian dish of rice and lentils. Traditionally enjoyed for breakfast, chef Mimi decided to give this flavoursome dish her own twist, subbing out hard boiled eggs in favour of crunchy stir-fried green beans, to make it the perfect dinner time dish. Breakfast for dinner? It's a yes from us!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**) and **Frying Pan** (with a **Lid**). Now, let's get cooking!



### 1 START THE PREP

Boil your kettle. Halve, peel and chop the **onion** into roughly ½cm pieces. Mix the boiling water (amount specified in the ingredient list) with the **vegetable stock pot** in a measuring jug.



### 2 COOK THE RICE

Heat a drizzle of **oil** in a large saucepan on medium heat, add the **onion**. Cook until soft, stirring occasionally, 5 mins. Add the **turmeric** and cook for 1 minute more. Add the **rice** and **stock**. Stir and bring to the boil. Once boiling, reduce the heat to medium-low, pop a lid on. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **TIP:** The **rice** will finish cooking in its own steam.



### 3 POACH THE HADDOCK

Meanwhile, pour the water into a frying pan (amount specified in the ingredient list). Place on medium-high heat and bring to the boil. Lay in the haddock fillets skin-side up. Cover the pan with a lid (or some tightly fitting foil), lower the heat to medium-low and poach the haddock for 10 mins. **TIP:** The **fish** is cooked when the centre is opaque.



### 4 FINISH THE PREP

While the haddock poaches, trim the tops from the **green beans**. Discard the tops and chop the **beans** into four pieces. Roughly chop the **parsley** (stalks and all).



### 5 FRY THE BEANS

When the haddock is cooked, carefully remove it from the pan to a board and peel off the skin. Discard the skin and cover the haddock with foil (still on your board) to keep warm. Wash your frying pan and pop back onto medium-high heat and add a drizzle of **oil**. Add the **beans** to the pan along with a pinch of **salt** and some **black pepper**. Stir-fry until slightly browned and softened, 4-5 mins.



### 6 FINISH AND SERVE

Once the **rice** is ready, fluff it up with a fork and stir in the haddock (breaking it into large flakes), the **beans**, half the **parsley** and half the **sour cream**. Taste and add **pepper** if you feel it needs it. Serve the kedgeree in bowls with a small spoonful of **sour cream** on top and the remaining **parsley** sprinkled over. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Onion, chopped	1
Water	300ml
Vegetable Stock Pot <a href="#">10</a> <a href="#">11</a> )	1
Ground Turmeric	¾ tsp
Basmati Rice	150g
Water for the Haddock	150ml
Smoked Haddock Fillet <a href="#">4</a> )	2
Green Beans, chopped	1 pack
Flat Leaf Parsley, chopped	1 bunch
Sour Cream <a href="#">7</a> )	1 pot

\*Not Included

NUTRITION PER	PER SERVING	PER 100G
Energy (kcal)	572	131
(kJ)	2407	552
Fat (g)	22	5
Sat. Fat (g)	12	3
Carbohydrate (g)	72	16
Sugars (g)	10	2
Protein (g)	18	4
Salt (g)	2.86	0.66

### ALLERGENS

[4](#)) Fish [7](#)) Milk [10](#)) Celery [11](#)) Sulphites

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

### 👍 THUMBS UP OR THUMBS DOWN?

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