

Hot Smoked Salmon Kedgeree

hellóchef

Kedgeree is widely believed to have been introduced to the UK by Victorian colonials returning from India.

Cals 627 • Prot 19 • Carbs 91 • Fat 28

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🕒 cook: 30 min

R3216



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Kedgereee	2 ppl	3 ppl	4 ppl	
Hot smoked salmon 6*	250	375	500	Grams
Basmati rice	150	225	300	Grams
Shallots	1	2	2	Pieces
Garlic cloves	2	3	4	Pieces
Cardamom pods	4	6	8	Pieces
Fresh chives	15	15	15	Grams
Lemon	1	1	2	Pieces
Butter 4*	50	50	100	Grams
Turmeric powder	2	2	4	Grams
Curry powder	8	10	10	Grams
Water	300	450	600	ML
Vegetable stock cube 15*	1	1	2	Pieces
Organic Eggs 5*	2	3	4	Pieces
Green peas	100	150	200	Grams
Chilli flakes	2	2	8	Grams

Allergens

*6 Fish, *4 Milk, *15 Celery, *5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	2611 / 627
Fat (g)	27.6
of which saturates (g)	15.4
Carbohydrate (g)	91
of which sugars (g)	7.1
Fiber (g)	7.8
Protein (g)	18.9
Salt (g)	0.9

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Soak rice

Rinse the **rice** 2-3 times until the water runs clear. Once clear, cover with cold water and set aside to soak.



2 Prep

Peel and slice the **shallots** and **garlic**. Split the **cardamom pods** open with the back of a knife. Finely chop the **chives**. Slice the **lemon** into wedges.



3 Sweat

Heat a pan with a lid over a medium heat with the **butter**. Once melted, add the **turmeric, curry powder, cardamom, shallots** and **garlic** with a pinch of salt. Cook for 3 min until fragrant.



4 Simmer

Meanwhile, drain the **rice**. Add the drained **rice** to the pan with the **measured water, stock cube**. Stir once and cover with a lid. Simmer for 12 min or until all the water has been absorbed.



5 Boil eggs

Meanwhile, cook the **eggs** in boiling water for 5-7 min or until cooked to your liking. Drain, run under cold water and peel once cool enough to handle. Slice into quarters.



6 Serve

Once the **rice** is tender, place the **peas** and flake the **salmon** on top of the **rice**. Cover with a lid, remove the pan from the heat and set aside for 3 min. After 3 min, add a pinch of **chilli flakes** and a generous squeeze of **lemon** juice. Give everything a good mix up. Divide among plates, top with the **egg** and garnish with the **chives**.