



## Smoked Haddock Kedgeree with Masala Rice & Cooling Yoghurt

A fragrant blend of flaked smoked haddock, spiced masala rice, and aromatic herbs, topped with a dollop of refreshing yoghurt for a perfectly balanced, flavorful dish.

### Nutritional Info

Calories: 371 kcal  
Carbohydrates: 33 g  
Protein: 40 g  
Fat: 6 g

### Ingredients

- Haddock Fillet
- Shallot
- Garlic
- Spinach
- Cherry Tomato
- Rice
- Egg
- Yoghurt
- Spice Mix
  - Cumin
  - Coriander
  - Turmeric
  - Chilli Powder

### Your Pantry

- Butter

### Allergens

Fish (Haddock)  
Milk (Yoghurt)  
Egg (Egg)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) **Preheat the oven to 190°C (Fan)**

### 2) **Prepare the vegetables**

Peel and finely chop the shallot and garlic. Roughly chop the spinach.

### 3) **Make the Rice**

Place a saucepan or frying pan on medium heat with a knob of butter. Once hot add the shallot and garlic. Cook for 4-5 minutes or until softened, then stir in the rice and spice mix. Add 180ml of water per person and bring to a simmer. Once simmering, cover with a lid or tin foil and cook for 10 minutes or until the rice is tender. While the rice cooks move on to the next step....

### 4) **Cook the fish**

Add the tomatoes to a baking dish with a drizzle of oil and give a shake. Lay the haddock on top. Place in the oven for 15-17 minutes or until the fish is flaky and cooked through then remove from the oven. While the fish cooks move on to the next step....

### 5) **Boil the egg**

Boil the egg to your liking - 7-8 minutes for a jammy soft egg, 9-10 minutes for a harder yolk (add an extra 1-2 minutes if coming straight from the fridge). Drain and plunge in cold water. Set aside.

### 6) **Finish the dish**

Stir the spinach into the rice until wilted. Peel the shells from the egg.

### 6) **Plate up**

Spoon the rice onto plates or dishes. Top with the cherry tomatoes and lay the haddock over. Cut the egg in half and lay beside the fish. Serve and enjoy with the yoghurt.



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