



CHLOË BOWLER
complete wellbeing

SMOKED HADDOCK KEDGEREE



Ingredients

- **1 onion**
- **1 large smoked haddock fillet**
- **200g wholegrain brown rice**
- **300ml skimmed milk**
- **Bay leaf**
- **Parsley**
- **3 eggs**
- **1 cup of peas**
- **Curry powder**
- **Chicken stock**

Instructions

1. Start by placing the haddock skin side up in a small frying pan and cover with milk. Add a bay leaf and gently poach for 10 minutes.
2. Meanwhile in a large pan, soften the onion over a low heat, then add the rice and a dash of curry powder and cook, adding chicken stock as you go.
3. In a third pan, hard boil 3 eggs and put to one side.
4. Once the haddock has cooked so that it flakes, take it out of the milk and mix into the rice.
5. Add the chopped eggs, season well and serve with plenty of parsley.