



CHLOË BOWLER
complete wellbeing

SALMON KEDGEREE



Ingredients (Serves 2):

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|-------------------------|----------------------------|
| 1. 1 Onion | 7. 1 tsp Turmeric |
| 2. 100g Wholegrain Rice | 8. 1 tsp Mild Curry Powder |
| 3. 2 Salmon Fillets | 9. 250ml Chicken Stock |
| 4. 2 Eggs | 10. 1 Red Chilli |
| 5. 50g Frozen Peas | 11. Chives to Garnish |
| 6. 2 Spring Onions | |

Method:

1. Steam the rice in the chicken stock until cooked then leave to cool.
2. In a separate pan, hard boil the eggs, peel and leave to rest.
3. Season the salmon fillets and steam in a foil package in the oven at 200°C for 20 minutes until cooked.
4. Soften the chopped onion and sliced chilli in oil in a large pan.
5. When softened, add the cooked rice, turmeric, curry powder and peas.
6. Flake the salmon into the mixture, chop in the spring onions and eggs, and garnish with chives to serve.

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