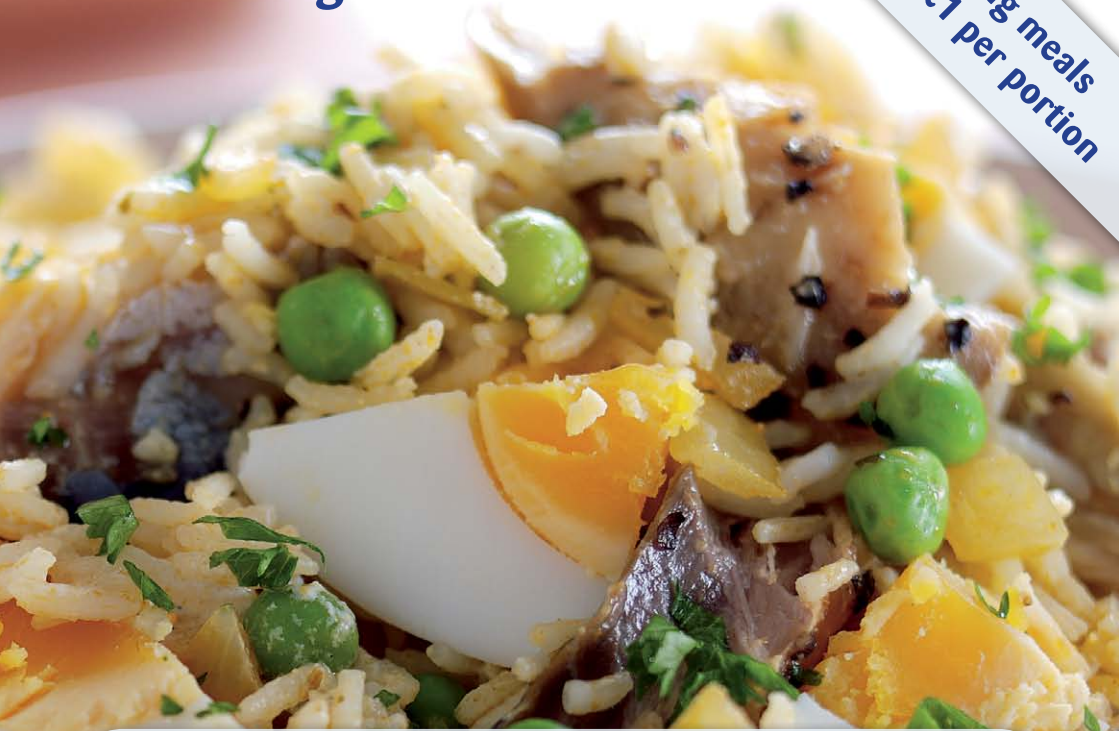


kind of kedgeree

cracking meals
under £1 per portion



Preparation: 10 mins

Cooking: 20-25 mins

Serves 4

30ml/2 tbsp vegetable oil

1 onion, sliced

15ml/1 tbsp medium curry paste

225g/8oz basmati rice

600ml/1pt vegetable stock

6 large British Lion eggs

175g/6oz frozen peas

1 (175g) pack peppered mackerel fillets, skinned and flaked

30g/2 tbsp chopped fresh parsley (if desired)

30ml/2 tbsp natural yogurt

1. Heat the oil in a medium pan, add the onion and sauté for 3-4 mins or until golden. Add the curry paste and rice and stir until coated. Add the stock, cover and simmer for 6 mins. Stir in the peas and simmer for a further 4 mins or until the rice and peas are tender, adding a little more water if the rice begins to stick.

2. Meanwhile, place the eggs in a medium pan, cover with water and bring to the boil. Simmer for 7 mins. Drain the eggs, then rinse in cold water. Tap the shells all over and peel away. Cut the eggs into quarters.

3. Stir the mackerel, parsley and yogurt through the rice, cover for a couple more minutes to heat through, before serving with wedges of lemon.

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