

Easy Mackerel Kedgerree

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This simple version of a traditional Anglo-Indian dish is sure to please.

Ingredients:

450g basmati rice
900ml boiling water
3 smoked mackerel fillets, skinned and boned
8 eggs
3 tsp. medium curry powder
3 tbsp. mango chutney
Knob of butter
Olive oil

Directions:

1. Heat a bit of olive oil in a pan. Add the rice and cook for a few minutes to toast. Add the curry powder and stir it round for a minute or so, and then add the water. Stir well and bring the mixture to a simmer – cook for around 15 minutes.
2. Meanwhile, place the eggs into a pan of cold water and bring them to the boil. Boil for five minutes and then plunge them into cold water to cool them and make them easy to peel.
3. Break the mackerel up with your fingers.
4. When the rice is cooked, fork the mackerel through it. Stir the mango chutney in along with a knob of butter.
5. Serve the kedgerree with the hard-boiled eggs sliced over the top of it.

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