

## Kedgeree

### Ingredients

- 2 onions
- 1 red chili
- 240g (about 8½ oz) pack of kipper fillets
- Olive oil (preferably extra-virgin)
- 2 Tbsp curry powder
- 500g (2⅓ cup) cooked basmati rice
- 160g (⅔ cup) frozen peas
- 1 lemon
- 2 large eggs
- Chopped parsley (optional)



### Preparation

1. Boil the eggs to preference and set aside
2. Peel, trim and finely slice the onions, de-seed and finely slice the chili
3. Separate the kippers, trimming off any fins or bones along the join so you end up with two fillets
4. Remove and finely chop the skin, then trim out and finely chop the soft bone from each fillet
5. Drizzle 1 tablespoon of olive oil into a medium non-stick frying pan on medium heat
6. Add the onions, curry powder and most of the chili (keep the rest aside for later), and tip in the kipper skin and soft bone
7. Cook for 5 minutes, or until softened, stirring occasionally and adding splashes of water, if needed, then add the kipper fillets to the mix, breaking them up slightly
8. Put the rice into the pan, gently break it up with a spatula
9. Cook for 5 minutes, stirring regularly, putting in the frozen peas and finely grated lemon zest during the final 2 minutes
10. To serve, divide between plates (serves four), cut the eggs in half and place 1 half egg (or 2 quarters) on top of each serving, then sprinkle over the parsley, reserved sliced chili, and a lemon wedge