

Kedgerree

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/kedgerree-recipe-south-africa>

Ingredients:

- 2 large free range eggs
- 1 9/16 pounds haddock fillets smoked, boned
- 2 fresh bay leaves
- 15/16 cup basmati rice
- salt to taste
- 1/2 tablespoon ghee
- 1 3/16 inches fresh ginger piece, grated
- 1 bunch spring onions finely chopped
- 1 clove garlic peeled and finely chopped
- 1 teaspoon cumin seeds crushed
- 1/2 teaspoon turmeric
- 2 teaspoons mustard seeds
- 2 tomatoes finely chopped
- 2 lemons
- 2 fresh coriander good handfuls, chopped
- 1 fresh red chilli finely chopped

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 205 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 42 grams
7. SaturatedFat: 1 grams
8. Sodium: 360 milligrams
9. Sugar: 3 grams

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