

# Salmon Kedgeree

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/ginger-indian-pickled-lemon-recipe-rice-salmon>

## Ingredients:

- 2 skinless salmon fillets about 120g/4oz each
- 1 1/16 cups basmati rice
- 1 small onion finely chopped
- 5 1/4 ounces green beans cut into thirds
- 11/16 cup frozen garden peas
- 4 spring onions
- 2 cloves garlic crushed
- 2 fish vegetable or chicken stock cubes made up with 600ml of water
- 2 tablespoons mild curry powder
- 1 lemon juiced
- cooking spray low calorie
- 2 medium eggs

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 225 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 49 grams
7. SaturatedFat: 4 grams
8. Sodium: 160 milligrams
9. Sugar: 3 grams

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