

## Kedgeree



**PREP TIME 20 Min**  
**COOK TIME 20 Min**  
**READY IN 40 Min**  
**SERVINGS – 2**

### **INGREDIENTS**

- \* 2 cups uncooked basmati rice
- \* 2 eggs
- \* 4 ounces smoked haddock, or other white fish
- \* 1 bay leaf
- \* 1 cup milk, or as needed
- \* 1 tablespoon butter
- \* 1 teaspoon curry powder
- \* 4 green onions, chopped
- \* 1/4 cup frozen green peas
- \* salt and pepper to taste
- \* 1/2 cup low-fat plain yogurt

### **DIRECTIONS**

- 1.** Prepare rice according to package directions. Drain, and set aside to cool. Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop. Set aside.
- 2.** Place the haddock in a small skillet with the bay leaf. Pour in enough milk just to cover the fish. Bring to a simmer over medium heat, and cook gently until fish flakes. Remove fish from the pan, flake with a fork, and set aside. Discard milk and bay leaf.
- 3.** Melt butter in a skillet over medium-high heat. Stir in curry powder, then add the peas and onions. Fry for a couple of minutes, then add the cooked rice, eggs, and fish. Stir gently, and season with salt and pepper. Heat through, and serve with yogurt.

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