

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Spicy Salmon Kedgeree

Ingredients

300g basmati rice

100g unsalted butter

2 tbsp olive oil

1 tbsp hot curry paste (Madras)

1 small red onion, finely chopped

225g cooked salmon, cut into chunks

4 hard-boiled eggs, shelled then roughly chopped

4 spring onions, cut into 3cm lengths and then finely shredded

Juice of 1 lime to lemon

2 tbsp fresh coriander and flatleaf parsley

Method

Pour the rice on a large heavy based saucepan. Pour over 700mls/1¼ pints of water and 1 tsp salt. Cover and bring to a gentle boil, then remove the lid and allow the water to be absorbed – this should take about 15 minutes. Turn off the heat, cover again and allow to steam dry. Avoid stirring.

Melt half the butter with the oil in a large frying pan. Stir in the curry paste and cook until you can smell the wonderful spicy aroma. Add the onion and cook until softened and beginning to slightly brown.

Add the cooked rice and stir making sure all the buttery juices are absorbed and the rice is heated through. Gently mix in the salmon, eggs, spring onions and lime or lemon juice. Add the herbs along with some cubes of butter.

Serve in warmed bowls.

Approx 673 cals per serving

Approx 36g fat per serving

Approx 62g carbs per serving