

Gingered Salmon Kedgeree



Recipe:

Gingered Salmon Kedgeree

Serves: 4

Serving Size: 1 cup

Ingredients:

- 1 cup long grain rice (basmati or jasmine)
- 1 small onion
- 5 inch root ginger
- 4 ounces cooked / smoked salmon
- 2 ½ Tablespoons butter or oil
- 1 tsp curry powder
- 2 hardboiled eggs
- ¼ cup toasted cashews or peanuts
- ¼ cup raisins
- ¼ cup chopped spring onion

Instructions:

1. Boil rice in a rice cooker or pan (you can also use leftover boiled rice). Keep warm.
2. Peel and slice onion and ginger.
3. Flake the salmon.
4. Heat oil or butter in a pan, add onion and ginger. When onion is transparent, add curry powder. If you want salt, add salt to taste.
5. Add the rice to the mixture and mix with a fork. Fold in the flaked salmon.
6. Transfer to a serving plate and arrange quartered boiled egg. Garnish with nuts, raisins, and spring onion.

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Nutrition Facts:

Calories 370	<u>Percent Calories</u>
Fat (g) 15	Fat: 36%
Carbohydrate (g) 16	Carbohydrates: 17%
Protein (g) 13	Protein: 14%
Sodium (mg) 252	
Fiber (g) 1	

Submitted by Jyoti Benjamin, MS, RD, CSO, FAND, CD on behalf of ON DPG

Nutrient information obtained from USDA Food Composition Database