

Hot Smoked Salmon, Egg & Quinoa Kedgeree

Ingredients – Serves 2

- 2 x Salmon fillets (skin off)
- 80g red quinoa
- 180g purple sprouting broccoli
- 1 red onion
- 1 garlic clove
- 1 lemon
- 1 red pepper
- 1 vegetable stock cube
- 2 eggs
- 2 tsp garam masala
- 2 tsp oil



Method:

1. Finely chop the garlic and finely dice the onion. Thinly slice the red pepper. Trim the broccoli and cut in half lengthways.
2. Heat a medium-sized pan with 1 tsp oil on a medium heat, add the red pepper and broccoli for 3 mins. Remove and set aside. Heat the same pan with 1 tsp oil on a medium heat, then add the garlic and onion and cook for 3 mins.
3. Boil a kettle. Rinse the quinoa and add to the onion pan with the garam masala. Stir for 2 mins, making sure the grains are coated with oil.
4. Dissolve the vegetable stock cube in a jug with 400ml boiling water. Add the stock to the pan and simmer on a gentle heat. It should take 20 mins for the quinoa to cook and the stock to be fully absorbed.
5. Meanwhile, fill a saucepan with boiling water, place the eggs into the water and simmer for 6-8 mins. Once the eggs are cooked run under cold water for 1 min and peel. Cut into quarters.
6. Break up the hot smoked salmon into bite-sized pieces and add to the quinoa pan along with the red pepper, broccoli and a squeeze of lemon juice. Cook for 3 mins until the salmon is heated through.

7. Spoon the hot smoked salmon kedgeree into two warm bowls and top with the egg quarters.