

VEGEREE

A vegetarian version of the more traditional kedgeree, this wholesome dish could be served with meat or fish, but is equally satisfying on its own. Choose your favourite vegetables for a bit of variety and make it as spicy as you want by using different strength curry powders.

INGREDIENTS

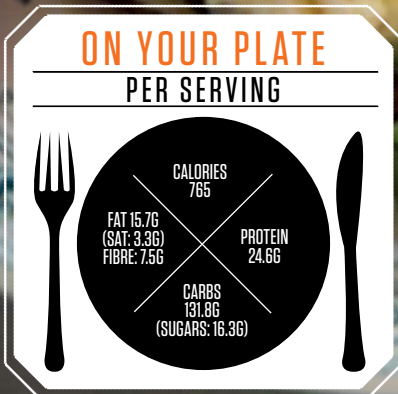
Serves 2

- 350g butternut squash, cut into chunks or slices
- 1 large courgette, sliced
- 1 large red onion, peeled and cut into wedges
- 1 tbsp olive oil
- 1 tsp cumin seeds
- 1 tsp curry powder
- 275 g basmati rice
- Handful parsley, roughly chopped
- 3 eggs
- Seasoning

METHOD

1. Preheat the oven to 200°C (400°F). Gas mark 6.
2. In a large roasting tin, toss together the butternut, courgette, red onion, oil, cumin seeds and curry powder.
3. Roast for 35-40 minutes, tossing once, until tender.
4. Meanwhile, cook the rice according to the pack instructions and softly boil the eggs. Peel the eggs while still warm.
5. Remove the vegetables from the oven and then lightly stir in the cooked rice and chopped parsley.
6. Season to taste and serve with the boiled eggs, halved.

ON YOUR PLATE PER SERVING



CALORIES
765

FAT 15.7G
(SAT: 3.3G)
FIBRE: 7.5G

PROTEIN
24.6G

CARBS
131.8G
(SUGARS: 16.3G)