



CHLOË BOWLER  
complete wellbeing

## SMOKED MACKEREL KEDGEREE



### Ingredients (Serves 2):

1. 1 Onion
2. 2 Smoked Mackerel Fillets
3. 100g Wholegrain Brown Rice
4. 50g Frozen Edamame Beans
5. 2 Eggs
6. 1 tbsp Turmeric
7. Tamari or Soya Sauce
8. Handful of Chives

### Method:

1. Steaming the rice for 20 minutes until cooked through.
2. Meanwhile, heat some olive oil in a pan, finely chop the onion, and add.
3. In a separate pan of water, hard boil the eggs for 3 minutes.
4. When the rice is cooked, allow it to cool before adding it to the onions, and stir in the turmeric.
5. Add the frozen beans and a dash of Tamari.
6. Flake the Mackerel into the mixture and stir through.
7. Peel and quarter the eggs and add to the Kedgeriee, top with chopped chives and season well.

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