



TRAINING DAY MEAL

Kedgeree

INGREDIENTS (1 serving)

FREEZABLE

- 5g (0.2oz) coconut oil
- 50g (1.8oz) onion, diced
- 470g (16.6oz) haddock, skinned and cut into small chunks
- 1 tbsp mild curry powder
- 220g (7.9oz) precooked basmati rice or 75g (2.6oz) uncooked basmati rice
- 1 stock cube
- 100g (3.5oz) tomatoes, chopped
- Small handful of fresh cilantro
- 110g (4oz) 0% fat Greek yogurt
- 165g (5.8oz) green vegetables (spinach, kale, broccoli, mange tout or green beans)

This kedgeree tastes incredible – after a workout, it will refuel your body and satisfy your taste buds at the same time.

METHOD

Melt the coconut oil in a large frying pan over a medium to high heat. Add the onion and haddock and fry for 2-3 minutes, stirring regularly. Sprinkle in the curry powder and cook for 1 minute.

Add the cooked rice to the frying pan, crumbling it between your fingers as you drop it in, then stir for a minute or two, breaking up any clumps with a wooden spoon. Crumble in the stock cube and a good splash of water. Bring to the boil and simmer for 1-2 minutes.

Finally stir through the freshly chopped tomatoes and cilantro. Serve with a good dollop of yogurt and a portion of your favorite green vegetables steamed, blanched or boiled.