



SAAG & VEGETABLE KEDGEREE
(Serves 4)

INGREDIENTS

- 1 leek, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 2 tablespoons extra virgin olive oil
- 2 tablespoons Mama Dor's Saag Aloo spice blend
- Large handful fresh spinach, roughly chopped
- 200g tenderstem broccoli, roughly chopped
- Large handful frozen peas
- 1 cup of basmati rice, soaked
- 200g smoked mackerel
- 1 tsp harissa paste

METHOD

In a deep frying pan, add the cumin & mustard seeds and the oil. Heat on high heat until the seeds start to pop. Now add the leeks and & the garlic. Cook on a high heat, stirring throughout, until the leeks are soft. Turn the heat down, and add the Saag Aloo spice blend. Stir well and cook until you see pockets of oil bubbling (you may need to add a couple of tablespoons of water if the sauce needs loosening).

Now add the broccoli, peas & spinach. Stir well, cover and leave for 15mins until the vegetables are soft. Add 1.5 cups of water to the mix (and salt if you usually salt your rice) and allow the mix to come to a boil. Add the rice, and stir well. Cover and allow the water to be absorbed by the rice on a high heat.

While the rice is cooking, add the harissa to frying pan with a little water, and add the smoked mackerel. Allow the mackerel & harissa to infuse on a medium heat, while stirring throughout.

Once the water is absorbed in the rice mix, add the mackerel, and stir well. Lower the heat, cover and allow the mix to steam for 10-15mins. Add boiled eggs should you wish (optional), and serve immediately.