

Cauliflower kedgeree

SERVES - 2

NUTRITION PER SERVING

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Fat: 15 g

Carbs: 20 g / Fibre: 8 g (Net Carbs: 12 g)

Protein: 35 g

I thought I would make a low carb version of this classic dish. Feel free to mix in some rice if your body can process it well, though it's pretty delicious without.

INGREDIENTS

- 2 smoked haddock fillets
- 1/2 cauliflower
- 20 g butter
- 1 T turmeric
- 1 t garam masala
- 6 cardamon pods
- 1 onion
- 100 g asparagus tips
- 30 g parsley
- 2 eggs
- lemon wedges

METHOD

1. Preheat the oven to 180°C / 350 F.
2. Break cauliflower into florets and process in a food processor.
3. Spread onto a baking tray and mix in spices and butter.
4. Bake for 40 mins, stir-ing half way through.
5. Dice onion and sweat in a pan on low till caramelised.
6. Place haddock fillets in a ceramic dish with a splash of water and a knob of butter.
7. Bake haddock for 10-15 mins.
8. Chop asparagus spears and add to the cauliflower for the last 10 mins of cooking.
9. Hard boil the eggs for 6 mins.
10. Plunge into cold water then peel and slice.
11. Roughly chop parsley and mix through cauliflower.
12. Plate up cauliflower, top with haddock and hard-boiled eggs and a wedge of lemon.