



We had some smoked Mackerel fillets in the freezer, so Sue went to work on a bit of recipe mangling?.

Ingredients:-

4 Smoked Mackerel fillets, precooked and chopped

1 Tsp of Turmeric

200g of Long Grain Rice

A handful of fresh Coriander

2 Spring Onions, sliced

10 Cherry Tomatoes, halved

2 Tsp of Medium Curry Powder

2 Eggs, hard boiled and quartered

Salt & Pepper to Season

Oil to fry

2 Tbsp of Margarine or Butter

½ Tsp of Mustard Seeds

400ml of Chicken Stock

A Handful of Peas, thawed if previously frozen

A Handful of Curry Leaves

1 Lemon, quartered

4 Cloves of Garlic, minced

1 Onion, diced

200G of King Prawns, precooked

6 Mushrooms, chopped

Method:-

- (1) Over a medium heat dry fry the Mustard Seeds and Curry Leaves until they start to pop.
- (2) Add the Oil and Margarine along with the Onion, frying until softened.
- (3) Add the Garlic, followed by the Mushrooms.
- (4) Stir in the Turmeric, Curry Powder, Salt & Pepper.
- (5) Stir in the Rice and add the Chicken Stock.
- (6) Allow to simmer stirring to avoid sticking.
- (7) Add half of the chopped Coriander and stir in.
- (8) When the Stock has almost absorbed add the Mackerel, Prawns, Peas and Tomatoes. Stirring in.
- (9) Stir gently until the Mackerel and Prawns are heated through.
- (10) Garnish with the Egg, Lemon, Spring Onion and remaining Coriander.

Sue is not generally a great fan of Smoked Fish. But we both really enjoyed this dish.