

## **Cauliflower Kedgeree (serves 4)**

400g salmon fillets  
1 tsp coconut oil  
1 large head cauliflower grated  
1 onion very finely diced  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp mustard seeds  
½ tsp turmeric  
1 green chilli deseeded and finely chopped (optional)  
6 spring onions finely sliced  
2 tbs fresh coriander chopped  
4 free-range eggs  
1 lemon

### Method:

1: Cook the salmon for 3-4 minutes over a medium to high heat until cooked 3/4 of the way through, flip the fish over then turn off the heat and leave in the pan to finish cooking for 2-3 minutes.

2: In another pan, fry the diced onion in the coconut oil for 5 minutes until softened, add in the cauliflower and continue cooking for 3-4 minutes, add the spices, chilli and cook for a further minute. Flake the salmon into the pan and add the finely sliced spring onion and coriander. Season with salt and pepper and a good squeeze of lemon juice.

3: Meanwhile boil the eggs for 7 minutes, this will give you a medium runny yolk, leave to cool slightly before peeling and cutting into quarters. Serve with a lemon wedge and some coriander