

Kedgeriee and lamb curry: Tamal Ray's recipes for homely favourites

A riff on kedgeriee featuring roast aubergines and peas, and a rich and smoky lamb curry



📷 Tamal Ray's roast aubergine and mung dal kedgeriee. Photograph: Ola O Smit/The Guardian.
Food styling: Esther Clark. Prop styling: Anna Wilkins.

Prep **10 min**

Cook **30 min**

Serves **4**

1 aubergine

Vegetable oil

¾ tsp ground turmeric

Salt

270g haddock fillets

150g mung dal

150g brown onions, peeled and diced

25g fresh ginger, peeled and finely chopped

1 tsp ground cumin

1 tsp ground coriander

275g basmati rice

100g frozen peas

50g unsalted butter

75g golden raisins

Cut the aubergine into 2½cm chunks and put them in a bowl. Toss with a tablespoon of oil, a pinch of turmeric and a couple of pinches of salt, and set aside.

Toast the mung dal in a large saucepan on a medium heat, stirring continuously, for about eight minutes, until it's lightly browned and smells nutty, then take off the heat and leave to cool.

Warm a tablespoon of oil on a medium heat, then add the onions and fry, stirring, for 10 minutes, until softened and starting to brown at the edges. Add the ginger, ground spices, a half-teaspoon of turmeric and a half-teaspoon of salt, and cook for another couple of minutes. Stir in the rice and cooled dal, pour in 600ml water, then turn up the heat and bring to a boil. Once boiling, cover with a lid, **turn off the heat and leave the rice to steam for 10 minutes.** [simmer for 10 min then turn off the heat and leave to steam](#)

Meanwhile, brush the haddock fillets with a little oil and rub with a pinch of turmeric and a generous pinch of salt. Put the aubergine chunks and fish on two separate oven trays, then roast at 200C (180C fan)/390F/gas 6 for 10-12 minutes, until the aubergines are browned and the fish is cooked through.

Meanwhile, cook the peas in boiling water for four to five minutes. Once the rice is ready, stir through the butter until melted, followed by the peas, raisins, aubergines and fish, and serve hot.