



KCAL:  
829

CARB:  
110g

PRO:  
35g

FAT:  
28g

## Simple spanish kedgeree

High pro High carb Lunch Dinner



By Adam Lloyd

This one is so quick and easy and tastes delicious! Packed with flavour and guaranteed to fuel your training.

Prep: 5 min

Cook: 10 min

Fresh: 1 days

Beginner

### Ingredients for 1 Portion(s)

**1 whole packet(s)** Ready to eat rice

**2 Egg** Chicken eggs

**125 g** Sweetcorn, tinned

**1 small** Red onion

**1 average slices** Chorizo

**2 small** White mushrooms

**1 clove(s)** Garlic

**1 teaspoon** Vegetable oil

**1 teaspoon** Paprika

**½ teaspoon** Chilli flakes

### Method

Add oil to the pan, add the garlic and red onion and allow to cook for 5 mins

Add the chorizo (chopped) and the mushrooms (chopped) and cook for another 15 minutes

Add the ready to eat rice to the microwave - when cooked add to the pan with paprika, chilli flakes and sweetcorn and stir well, cooking for a further 5 mins

Boil the eggs for 5 - 6 mins so they are still have slightly runny yolks, once cooked serve on a plate with the eggs on top