



RENAL RESOURCE CENTRE

Dining In

Delicious Dialysis
Recipes and Meals

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Introduction

We hope you enjoy the recipes in this book. Our aim has been to put together some recipes and ideas to expand your food choices and enjoy the excitement and joy of cooking and eating.

During our contact with people who have kidney disease we have been asked many times whether there is a recipe book we could recommend. We have developed this book to help people specifically on dialysis as we often hear that choices can be limited and people want to know what they can eat.

The recipes in this book are designed for adults with kidney disease who receive dialysis. The information is designed to be used in addition to the tailored advice you will receive from a renal dietitian. Please consult your dietitian about your individual needs, so you know what and how much to eat.



What does food provide?

Apart from the enjoyment and fun of cooking and eating, food provides many nutrients to keep us healthy and well.

The following helps to explain the importance of the nutrients from food and how some adjustments may need to be made if you are on dialysis.

To help keep healthy while on dialysis, your dietitian will discuss with you the serves that you should be aiming for from each of the food groups below.

Meat, poultry, fish, eggs, nuts, seeds, legumes and soy products

Why eat them? These are good sources of protein and also provide some iron, zinc and B vitamins. We all break down muscle daily and it needs to be replaced. Protein from our diet is needed for muscle growth and repair and also to keep our immune system strong to fight infections.

Do I need to change my intake if I am on dialysis? Before starting dialysis you may be advised to moderate your protein intake. But once you start dialysis you will need to eat more protein. This is because dialysis can cause you to lose more protein.

Some high protein foods are also high in potassium and phosphate, particularly nuts, seeds and legumes. You may need to take a phosphate binder with some of these foods.

Vegetarians should speak to a dietitian about the foods they can eat to meet their protein requirement.

Milk, soy milk, yoghurt, cheese, custard, ice cream

Why eat them? These are good sources of calcium, protein, phosphate and some B vitamins. Some are also high in potassium. They help keep bones strong and provide protein for growth and repair.

Do I need to change my intake if I am on dialysis? You may need to lower your intake of these foods because of their high phosphate and potassium content. You may also need to take a phosphate binder with some of these foods.

Fruit and vegetables

Why eat them? These are good sources of nutrients such as vitamin C and folate, carbohydrate and fibre. Carbohydrate is the body's preferred energy source, and fibre is good for bowel health.

Do I need to change my intake if I am on dialysis? Some types of fruit and vegetables are also high in potassium, and may need to be limited or avoided if your blood levels of potassium are high. However, they should not be completely avoided because of their overall nutritional benefits.

Bread, cereals, pasta, rice and noodles

Why eat them? These are good sources of carbohydrate, the body's preferred energy source. These foods also provide some B vitamins, fibre and some protein.

Do I need to change my intake if I am on dialysis? If the levels of potassium or phosphate in your blood are high, you may need to limit the intake of wholemeal or wholegrain varieties of these foods.

Oil, margarine, butter and other fats

Why eat them? These are good sources of concentrated energy (or calories) and provide some important types of fats that the body cannot make. Eaten in excess, all fats will be stored as body fat. Everyone should limit their intake of saturated fat as it can contribute to high cholesterol levels. This type of fat is found particularly in animal products like cream, butter and fatty meat, and also in snack foods such as biscuits, cakes and chips. Unsaturated fats such as sunflower, canola, olive, grape seed oils and margarines are better choices.

Do I need to change my intake if I am on dialysis? If you are overweight, you should limit all high fat foods. If you are underweight, increase your intake of unsaturated fat.

Fluids

Why are they needed? Fluid or water is required for all body functions and dehydration can be a serious problem.

Do I need to change my intake if I am on dialysis? Fluid excess or overload can occur in people on dialysis. If you are not passing much urine, you will need to limit your fluid intake to minimise the chance of fluid overload and raising your high blood pressure. Fluid overload can put additional stress on your heart and can make breathing difficult.

Nutrient Guidelines Used for the Recipes

In keeping with current recommendations for people on dialysis, we aimed to keep each recipe within specific nutrient limits. This required us to use a 'reference person' who weighed about 70kg. If you plan to adapt or modify the recipes and you are well above or below 70kg then we suggest you discuss this with your renal dietitian.

A note has been added at the end of a recipe if any of the nutrients are higher than the stated limits. In most cases, this should not be a problem as it is usually only higher by a small amount. Therefore, this should not make a significant difference to the total for the day.

A standard breakfast e.g. a lower potassium cereal and toast will meet the cutoff for the nutrients stated.

Don't forget to take your phosphate binders as prescribed, particularly with meals and snacks containing phosphate. Missing a few doses of your binder in a week could result in higher blood phosphate levels.

The recipes were analysed using the FoodWorks® program, Xyris Software.

	Potassium (mg)	Phosphate (mg)	Sodium (mg)	Protein (g)
Breakfast	500	200	350	10
Lunch or Light Meal	450	250	500	20
Dinner or Main Meal	1100	500	900	40
Dessert (1 per day)	350	100	100	5-10
Snacks (3 per day)	3x100 =300	3x50=150	3x150=450	3x2=6
Daily Total	2700	1200	2300	81-86

Modifying Recipes

There are a few simple steps you can take to help you decide if your favourite recipes are suitable or need to be modified in some way, to suit your dialysis diet.

1. Check the ingredients in the recipe.

- Are the main ingredients suitable or are some of them high in salt, potassium, phosphate or fluid?
- Note that food labels may not have potassium listed as it does not have to be tested. If in doubt, check with your dietitian.

2. Can you prepare the dish in a different way?

Some things to consider include:

- Can you parboil vegetables prior to cooking to reduce potassium?
- Can you use fresh products instead of tinned or packaged ingredients to help lower the salt content?
- Do you really need to add salt to the dish or is it just a habit?

3. Think about the way you serve the meal and what goes with it!

- For example – to help you reduce the potassium content, think about serving the meal with rice, pasta, noodles or bread instead of potatoes.
- Consider draining the sauces in the bottom of stews and casseroles or use a slotted spoon to reduce potassium and fluid content.

4. Check your plate/bowl and glass. Are you eating and drinking too much?

- Eat only the recommended amount of food. A large serving size of some foods can increase your salt, potassium and phosphate intake



Some other useful tips for modifying recipes

Instead of using this ingredient	Try this instead
Stock cubes or liquid stock	Home-made stock made from low potassium vegetables and meat bones (see the recipes). Use a reduced salt stock cube, powder or liquid.
Salt Garlic or celery salt Salty sauces such as soy or fish sauce Monosodium glutamate or MSG Herb blends that contain salt or MSG	Lemon, lemon pepper, herbs and spices including sumac, chilli, dukkah, garlic and ginger, marinades using flavoured oils and/or herbs, various flavoured vinegars, wine. Use smaller amounts than given in the recipe or salt reduced versions of the salty sauces.
Tinned fruit and vegetables	Drain these items and use the ones advised by your dietitian. Try fresh or frozen vegetables and fruit instead.

Special Occasions and the Dialysis Diet

Christmas

Christmas can be a challenging time because many traditional Christmas foods are high in potassium, salt or phosphate.

The following suggestions should help you stay on your dialysis diet and enjoy the festive season

Instead of this	Try this
Fruit cake	Panettone, shortbread
Christmas pudding, fruit mince pies	Pavlova, cheesecake, apple or pear tarts, strudel or pies, trifle made with low potassium fruit
Nuts, potato chips	Pretzels, popcorn, cornchips
Custard	Cream
Mango, banana, apricot, peach, nectarine	Fresh low potassium fruit e.g. strawberries, blueberries, green grapes, watermelon
Dried fruit	Fresh lower potassium fruit
Coleslaw	Green bean salad, rocket salad with roast capsicum or pear and rocket salad
Potato salad	Creamy pasta or rice salad
Ham	Roast turkey, pork or chicken, fresh prawns and fish
Gravy made from powder	Home made with flour and pan scrapings, cranberry sauce, apple sauce

Eating out and other special occasions

Catering for a person who needs to follow a dialysis diet can also be challenging if you want to eat out or prepare a special meal. Here are a few suggestions for those catering for special occasions.

- ✓ Take extra care at smorgasbord and other self-serve venues. These often tempt people to overeat and have larger portion sizes than they normally would. Remember that large serves (even of lower potassium or phosphate foods) can add up and put you over your daily limit.
- ✓ Always ensure there is a suitable salad or vegetables available to accompany the meal. These could include tossed green salads, pasta or rice salads.
- ✓ Avoid soups – these are often high in salt and contribute to your fluid allowance.
- ✓ Review the menu in advance or take your food lists with you to help you make choices easier.

A vibrant assortment of fresh vegetables including lettuce, carrots, radishes, potatoes, and asparagus in a cardboard box. The vegetables are packed together, showing a variety of colors and textures. A semi-transparent orange rectangle is overlaid on the top right of the image, containing the word "Stocks" in white text. In the bottom left corner, there is a decorative white floral graphic.

Stocks

Beef Stock

Makes approximately 8 cups or 2 litres

INGREDIENTS:

3kg beef bones, trimmed of all visible fat
2 tablespoons olive oil
2 carrots, chopped
2 celery sticks, chopped
6 whole black peppercorns
3 parsley sprigs, other herbs if desired
1 bay leaf
9 cups or 2.25 litres of water

METHOD:

1. Preheat oven to 220 degrees Celsius.
2. Place bones in baking dish and roast for 30 minutes. Stir bones and add vegetables, brushing with oil. Cook for a further 30 minutes.
3. Transfer bones and vegetables to a large saucepan. Add remaining ingredients and cover with water.
4. Bring to the boil, cover with a lid and simmer over low heat for 3 hours. From time to time skim off any foam that rises to the top.
5. Remove from heat. Strain stock through fine sieve into bowl.
6. Refrigerate overnight, skimming any fat from surface of stock the next day. Refrigerate until required (keeps for up to 3 days in refrigerator), or freeze in portions for when required. Can be used in wide range of recipes in place of commercial stock e.g. soup, risotto, pasta dishes, casseroles.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each 1 cup or 250 ml portion of this recipe will provide:

Beef Stock

180kJ, 0 g protein, 3.6g fat, 1g carbohydrate, 60mg potassium, 6mg phosphate and 13mg sodium

Chicken Stock

Makes approximately 6 cups or 1.5 litres

INGREDIENTS:

1 kg raw chicken bones or chicken carcass
1 onion, peeled and chopped
1 carrot, chopped
1 celery stick, chopped
6 whole black peppercorns
1 bay leaf
3 parsley sprigs, other herbs if desired
7 cups or 1.75 litres of water

METHOD:

1. Place all ingredients in a large saucepan and cover with water.
2. Bring to the boil, cover with a lid, and simmer over a low heat for 1½ to 2 hours. From time to time skim off any foam that rises to the top.
3. Remove from heat. Strain stock through a fine sieve into bowl.
4. Refrigerate overnight, skimming off hardened fat the next day. Then refrigerate until required (keeps for up to 3 days in refrigerator), or freeze in portions for when required. Can be used in wide range of recipes in place of high salt commercial stock e.g. soup, risotto, pasta dishes.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each 1 cup or 250 ml portion of this recipe will provide:

Chicken Stock

45kJ, 0g protein, 0g fat, 1g carbohydrate, 85mg potassium, 10mg phosphate and 17mg of sodium

Vegetable Stock

Makes approximately 6 cups or 1.5 litres

INGREDIENTS:

- 2 carrots, peeled and chopped
- 4 stalks celery, chopped roughly
- 1 onion, chopped
- 4 garlic cloves
- 1 teaspoon of black peppercorns
- Few sprigs of parsley
- 2 bay leaves
- 7 cups or 1.75 litres of water

METHOD:

1. Place all ingredients in a large saucepan and cover with water.
2. Bring to the boil, cover with a lid, and simmer over a low heat for about 2 hours. From time to time skim off any foam that rises to the surface.
3. Strain the stock. Cool slightly and then freeze in ice cube trays or 1 cup portions for use later.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each 1 cup or 250 ml portion of this recipe will provide:

Vegetable Stock

245 kJ, 0g protein, 0g fat, 2g carbohydrate, 110mg potassium, 15mg phosphate and 20mg sodium





Lunch or Light Meal

Carrot and Chicken Soup

Serves 4

INGREDIENTS:

- 2 teaspoons vegetable oil
- 1 medium onion, peeled and roughly chopped
- Ground pepper
- 2 bay leaves
- 5 large carrots (350g), peeled and roughly chopped
- 2 cloves garlic, crushed
- 1 tablespoon plain flour
- 1 litre of homemade or reduced salt chicken stock (add 2 teaspoons Massel™ salt reduced stock powder to 1 litre of water as per instructions on can)
- 1 chicken breast, cooked and shredded (about 2 cups of chicken)
- ¼ cup light cream

TO SERVE:

- 4 slices of bread with thin spread of reduced salt margarine

METHOD:

- 1 Heat oil in large saucepan over low-medium heat. Add onion, pepper and bay leaves and cook for up to 20 minutes or until onion is soft.
2. Add carrots and garlic to pan and stir. Add flour and stir to coat ingredients in pan. Add stock and stir well.
3. Simmer for 30 minutes until carrots soft.
4. Remove bay leaves from soup. Puree soup, then add shredded chicken and reheat gently. Add cream and heat gently.
5. Serve soup with bread if desired.



This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Carrot & chicken soup

1160kJ, 18g protein, 17g fat, 9g carbohydrate, 410mg potassium, 180mg phosphate and 445mg sodium

Carrot & chicken soup with 1 slice bread and margarine

1725kJ, 20g protein, 22g fat, 25g carbohydrate, 450mg potassium, 200mg phosphate and 600mg sodium

Note: Including bread makes this lunch or light meal higher in sodium than the nutrient guideline used for the recipes

Bruschetta

Serves 4

INGREDIENTS:

4 slices sourdough bread
Oil for brushing
1 clove of garlic
2 red capsicums, roasted and sliced
1 large (250g) cooked chicken breast fillet, shredded
½ cup basil leaves

DRESSING

4 tablespoons red wine vinegar
2 tablespoons olive oil
2 teaspoons caster sugar
Cracked pepper

METHOD:

1. To make the dressing, combine all ingredients and mix until sugar is dissolved, set aside.
2. Toast the bread, brush with oil and rub with garlic.
3. Mix chicken, capsicum and basil in a bowl. Top each slice of bread with this mixture.
4. Spoon dressing over to serve.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Bruschetta

1210kJ, 20g protein, 14.5g fat, 20g carbohydrate, 265mg potassium, 205mg phosphate and 235mg sodium

Vegetable Slice

Serves 4

INGREDIENTS:

6 medium eggs
5 level tablespoons plain flour
1 cup zucchini, grated
½ cup corn kernels (fresh or frozen & thawed or canned & drained– ideally no added salt)
1 cup grated carrot
2 tablespoons chives or other herbs
Pepper to taste
50g reduced fat cheese, grated

METHOD:

1. Preheat oven to 180 degrees Celsius.
2. Beat eggs and flour together in bowl.
3. Add vegetables, herbs and pepper to egg mixture and combine well.
4. Pour mixture into a flat ovenproof dish which has been lightly greased with margarine or oil (e.g. slice tin, tart tray). Sprinkle with cheese.
5. Bake for 30 – 40 minutes or until set.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Vegetable slice

1000kJ, 16g protein, 11g fat, 17g carbohydrate, 300mg potassium, 240mg phosphate and 205mg sodium

Vegetable slice with slice of white bread and margarine

1470kJ, 20g protein, 16g fat, 32g carbohydrate, 335mg potassium, 250mg phosphate and 400mg sodium

Mediterranean Pizza

Serves 2

INGREDIENTS:

- 1 medium flat bread e.g. Lavash or Lebanese bread
- ½ cup canned tomatoes, salt reduced
- ½ teaspoon minced garlic
- 1 red onion, diced
- 6 capsicum rings, diced
- ¼ cup fresh mushrooms, sliced
- 10 black olives, pitted
- 60g reduced fat cheddar cheese, grated
- 2 tablespoons torn basil
- 2 teaspoons pine nuts

METHOD

1. Pre-heat oven to 180 degrees Celsius and spray a round pizza tray or similar with cooking spray.
2. Lightly puree tomatoes and garlic. Spread sauce lightly on to the bread and top with the remaining ingredients in above order.
3. Cook in moderate oven for 10 minutes or until cheese melts and has started to brown.
4. Cut into quarters and serve hot.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Mediterranean Pizza

1100kJ, 14g protein, 11g fat, 26g carbohydrate, 300mg potassium, 250mg phosphate and 500mg sodium



Couscous Patties

Serves 2

INGREDIENTS:

- 1 cup couscous
- 1 cup water
- 2 tablespoons extra virgin olive oil
- 1 onion, finely chopped
- 1 clove garlic, crushed
- ½ red capsicum, finely diced
- 1 celery stalk, finely chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 tablespoons chopped fresh parsley
- 2 teaspoons grated lemon rind
- 2 teaspoons lemon juice
- 1 egg, lightly beaten
- Extra virgin olive oil for cooking

GARDEN SALAD

- 1 cup mixed lettuce
- 8 slices cucumber
- 2 rings green capsicum
- 2 tablespoons shallots
- 2 tablespoons Italian dressing, low fat

METHOD:

1. Place couscous in a bowl and cover with 1 cup of boiling water. Leave for 10 minutes until water is absorbed then lightly fluff grains with a fork. Set aside.
2. Heat oil in a pan and add onion, garlic, capsicum, celery, cumin and ground coriander. Cook over medium heat until vegetables are soft.
3. Add the vegetable mix to the couscous and add the fresh parsley, lemon rind, juice and egg. Mix well.



4. Divide the mixture into 4 even portions and form into large patties. Cover and refrigerate for 10 minutes.
5. Heat a little olive oil in a pan and cook patties for 5 minutes on each side until golden. Serve with the garden salad for lunch.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Couscous patties (2 patties)

2720 kJ, 16g protein, 30g fat, 75g carbohydrate, 395mg potassium, 230mg phosphate and 70mg sodium

Couscous patties (2 patties) with garden salad

2825kJ, 17g protein, 31g fat, 80g carbohydrate, 445mg potassium, 240mg phosphate and 295mg sodium



Main Meals

Beef Steak with Thai Dressing

Serves 4

INGREDIENTS:

4 beef steaks, 125g each
¼ cup shallots – chopped

DRESSING

2 tablespoons ginger, grated
2 tablespoons coriander stems, finely chopped
2 cloves garlic, crushed
1 large red chilli, finely sliced
1 tablespoon brown sugar
2 tablespoons balsamic vinegar
1 ½ teaspoons reduced salt soy sauce
1 teaspoon sesame oil
2 tablespoons olive oil

TO SERVE:

1 small potato (100g) and low potassium vegetables [e.g. ½ cup boiled green beans and 2 yellow squash (70g)]
OR

1 cup cooked white rice and stir-fried vegetables [e.g. ½ cup green and 1 cup red capsicum, 1 large onion, 1 large zucchini, 1 large carrot, 1 tablespoon oil, 1 tablespoon stir fry sauce]

METHOD:

1. Dressing: Mix all ingredients in a bowl or jug and set aside.
2. Grill, BBQ or fry steak as desired. Roast meat can also be used and this dish can be also served cold. Cover evenly with dressing and sprinkle with shallots
3. Serve with rice or small potato plus vegetables .

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Beef Steak with Thai Dressing only

1300kJ, 30g protein, 20g fat, 5g carbohydrate, 450mg potassium, 300mg phosphate and 140mg sodium

Beef Steak with Thai Dressing plus small (100g) potato, ½ cup boiled beans and 2 yellow squash (70g)

1700kJ, 35g protein, 20g fat, 22g carbohydrate, 1030mg potassium, 375mg phosphate and 150mg sodium

Beef Steak with Thai Dressing plus 1 cup boiled white rice, 1 cup stir-fried vegetables

2530kJ, 40g protein, 25g fat, 70g carbohydrate, 800mg potassium, 435mg phosphate and 250-450mg sodium (will depend on sodium content of sauce used)



Beef and Mushroom Casserole

Serves 6

INGREDIENTS:

1 tablespoon olive oil
1 kg lean topside steak, cut into 5cm cubes
Ground pepper
¼ teaspoon dried thyme leaves
Sprinkle of ground cloves
1 medium onion, sliced
2 bay leaves
4 medium carrots, peeled and chopped
1 cup chopped and peeled parsnip
1 ½ cups dry red wine
2 cups beef stock (from reduced salt powder/cubes or homemade)
200g button mushrooms, halved
2 teaspoons cornflour (mix with 2 teaspoons water when required)
2 tablespoons brandy
½ teaspoon grated nutmeg

TO SERVE:

3 cups green beans, boiled
6 cups boiled white rice

METHOD:

1. Heat oil in large frying pan or saucepan (that has a lid) over medium heat.
2. Cook beef cubes in small batches in the pan until well browned. Add pepper, thyme, ground, cloves, onion and bay leaves and mix together. Cook for 5 minutes or until the onion has softened.
3. Add the carrots, parsnip, wine and stock. Bring to the boil, then cover with lid and reduce heat to low – simmer for 1 ½ hours or until meat is tender (stir occasionally and add more water if becomes too dry).
4. Remove the lid, add mushrooms and cook over low heat for another 10 minutes. To thicken sauce, add cornflour mixed with water and stir well.
5. Add brandy, nutmeg and more pepper if desired then heat through.
6. Serve casserole with green beans and rice if desired.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Beef & mushroom casserole only

1300kJ, 40g protein, 9g fat, 7g carbohydrate, 980mg potassium, 420mg phosphate and 360mg sodium

Beef & mushroom casserole with rice and green beans

2300kJ, 44g protein, 10g fat, 58g carbohydrate, 1100mg potassium, 500mg phosphate and 370mg sodium



Spicy Beef Skewers

Serves 4

INGREDIENTS:

600g lean beef mince
1 clove garlic, crushed
1/3 cup fresh white breadcrumbs
(make in food processor, blender or chop finely with knife)
1/2 teaspoon ground paprika
1/4 teaspoon ground chilli
Sprinkle of ground pepper
1 whole egg, lightly beaten
1 tablespoon olive oil

YOGHURT MIXTURE:

200g low fat natural yoghurt
1/4 cup mint leaves, chopped
1/4 cup grated cucumber



TO SERVE:

4 cups boiled white rice
2 cups boiled green beans
2 cups boiled carrot
8 small yellow squash, boiled

OR

4 small white pita bread
8 large lettuce leaves
12 thin slices of tomato
1 cup grated carrot
1/2 red onion, thinly sliced

METHOD:

1. Soak 8 bamboo skewers in cold water for 30 minutes, then drain.
2. Combine mince, garlic, breadcrumbs, paprika, chilli, egg and pepper in bowl. Mix well then divide into 8 portions.
3. Shape each portion into a 12-15cm long sausage shape. Thread each onto a skewer.
4. Heat olive oil in a large frying pan over medium heat (will need to be able to fit length of skewer in pan). Cook skewers in pan for about 6 minutes, turning over until each side is browned and meat is cooked through.
5. Combine yoghurt, mint and cucumber.
6. For each person, serve 2 skewers drizzled with yoghurt mix. Serve with rice and vegetables or bread and salad.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Beef skewers with yoghurt dressing only

1390kJ, 30g protein, 18g fat, 6g carbohydrate, 700mg potassium, 400mg phosphate and 175mg sodium

Beef skewers with yoghurt dressing and 1 cup boiled white rice, 1/2 cup green beans, 1/2 cup carrot, 2 yellow squash

2570kJ, 42g protein, 19g fat, 64g carbohydrate, 1075mg potassium, 530mg phosphate and 215mg sodium

Note: This main meal is higher in protein and phosphate than the nutrient guideline used for the recipes.

Beef skewers with yoghurt dressing and 1 pita bread and salad

2020kJ, 40g protein, 19g fat, 34g carbohydrate, 1000mg potassium, 470mg phosphate and 400mg sodium

Pasta with Mince and Peas

Serves 4

INGREDIENTS:

- 2 tablespoons olive oil
- 1 large onion finely chopped
- 1 large or 2 small cloves of garlic, sliced
- 250 g lean mince
- 2 ½ cups of frozen baby peas, thawed
- ½ teaspoon chilli powder or flakes (more or less to taste)
- 300g of dry pasta
- 8 tablespoons of grated parmesan cheese

SIDE SALAD

- 4 cups cos lettuce, shredded
- 1 cup of red capsicum, chopped
- 1 Lebanese cucumber, sliced
- 2 tablespoons olive oil
- 2 tablespoons of your favourite vinegar e.g. white wine, sherry

METHOD:

1. Heat olive oil in a heavy based pan.
2. Add chopped onion and sauté on low to medium for 2-3 minutes.
3. Turn heat up and add mince, a little at a time, breaking up lumps until all is used.
4. Sauté for a few minutes until the mince is brown all over.
5. Add peas, chilli powder to taste and a little water so it doesn't dry out completely. Leave on a low heat with the lid on until the pasta is cooked and can be added. Stir occasionally to check that it is not sticking to the pan and add a little water if it is.
6. Cook pasta in plenty of boiling water until nearly cooked, keeping back a little of the cooking water.
7. Drain pasta.
8. Add pasta to the mince and pea mixture and mix well. Add a little of the saved cooking water if it is too dry.
9. Serve with 2 tablespoons of parmesan cheese per serve.
10. Combine ingredients for side salad and toss together and serve with the pasta.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Pasta with mince and peas

2800kJ, 34g protein, 28g fat, 65g carbohydrate, 730mg potassium, 500mg phosphate and 260mg sodium



Lamb Shank Soup

Serves 4

INGREDIENTS:

- 2 teaspoons olive oil
- 4 lamb shanks, excess fat removed
- 1 onion, chopped
- 2 carrots, chopped
- 2 sticks of celery, chopped
- 1 red capsicum, chopped
- 1 medium zucchini, diced
- 1 clove of garlic, crushed or chopped finely
- 1 tablespoon fresh rosemary or 1 teaspoon dried rosemary
- 2 medium tomatoes, diced
- 1 litre salt reduced beef stock (homemade or use powder e.g. Massel™ salt reduced stock powder – follow instructions on can)
- 2 cups water
- ½ cup dry small pasta e.g. macaroni, risoni
- Pepper
- Parsley

METHOD:

1. Heat oil in a large saucepan over medium heat. Add lamb shanks and cook for about 10 minutes, until golden. Remove from pan and set aside.
2. Add onion, carrots, celery, garlic, capsicum and zucchini to pan and cook for 5 minutes, or until soft.
3. Add shanks to pan with rosemary, tomatoes, stock and water and bring to boil. Reduce heat and simmer for 40 minutes, or until meat is starting to fall off the bone.
4. Using a spoon, skim off any foam and excess fat from top of soup. Take shanks from soup, then pull meat from bone and chop. Return meat to soup.
5. Season soup with pepper and add parsley before serving.



This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Lamb shank soup

1560kJ, 35g protein, 16g fat, 20g carbohydrate, 900mg potassium, 300mg phosphate and 750mg sodium



Fruity Lamb Burgers

Serves 4 (dinner) or 8 (lunch)

INGREDIENTS:

600g lean lamb mince
1 egg, lightly beaten
½ cup fresh white breadcrumbs
1/3 cup flat leaf parsley, finely chopped
2 tablespoons fruit chutney
¼ cup currants
Pepper to taste
½ cup dry couscous
2 tablespoons olive oil

FOR EACH PERSON SERVE:

1 small white bread roll
1 large lettuce leaf
2 thin slices tomato
2 slices cucumber
1 – 2 tablespoons grated carrot
1 tablespoon fruit chutney

METHOD:

1. Combine mince, egg, breadcrumbs, parsley, chutney, currants and pepper in bowl, mix well. Divide into 8 portions, shape each portion into a patty. Place on a plate or tray and cover, then refrigerate for 1 hour.
2. Place couscous onto a flat plate. Coat each patty with couscous, pressing on with fingertips.
3. Pour oil into a large non-stick frying pan to cover base. Heat oil on a medium heat. Cook patties for 5 minutes each side or until browned and cooked through.
4. Serve each person with patties (1 for lunch, 2 for dinner), bread roll, salad and extra chutney.



This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

1 lamb patty

1000kJ, 18g protein, 10g fat, 18g carbohydrate, 350mg potassium, 200mg phosphate and 135mg sodium

2 lamb patties

2000kJ, 37g protein, 20g fat, 36g carbohydrate, 700mg potassium, 400mg phosphate and 270mg sodium

1 lamb patty with 1 bread roll, salad and extra chutney

1620kJ, 22g protein, 12g fat, 45g carbohydrate, 570mg potassium, 250mg phosphate and 490mg sodium

Note: This lunch is higher in potassium than the nutrient guideline used for the recipes

2 lamb patties with 1 bread roll, salad and extra chutney

2800kJ, 40g protein, 27g fat, 65g carbohydrate, 920mg potassium, 460mg phosphate and 630mg sodium



Lamb Kebabs

Serves 4

INGREDIENTS:

600g lean lamb, cut into 2 cm cubes
16 button mushrooms
1 green capsicum, cut into 2 cm pieces
1 red capsicum, cut into 2 cm pieces
1 red onion, cut into 8 wedges
(then separated into smaller wedges)
2 teaspoons wholegrain mustard
2 teaspoons mint jelly
2 teaspoons reduced salt soy sauce
2 teaspoons olive oil

TO SERVE:

4 cups lettuce
8 cherry tomatoes
12 slices cucumber
Olive oil and balsamic vinegar mixed for dressing
4 cups boiled white rice

METHOD:

1. Soak 8 long bamboo skewers in water for 30 minutes prior to using.
2. Thread lamb cubes, mushrooms, capsicum and onion onto skewers and place in a large flat dish.
3. Mix mustard, mint jelly, soy sauce and oil together. Pour over skewers. Ideally refrigerate skewers overnight, otherwise for at least 30 minutes.
4. Heat barbecue or grill. Cook kebabs for 5 – 10 minutes, brushing regularly with marinade.
5. Serve each person 2 kebabs, salad and 1 cup rice.

This recipe is suitable for people on:

✓Peritoneal Dialysis ✓Haemodialysis

Each serve of this recipe will provide:

2 lamb kebabs only

1120kJ, 35g protein, 12g fat, 4g carbohydrate, 770mg potassium, 370mg phosphate and 215mg sodium

2 lamb kebabs with salad and rice

2270kJ, 40g protein, 17g fat, 55g carbohydrate, 1055mg potassium, 460mg phosphate and 240mg sodium



Tangy Lamb Casserole

Serves 4

INGREDIENTS:

- 600g diced lamb, fat trimmed
- 2 onions, chopped coarsely
- 1 red capsicum, seeded and chopped
- 2 celery sticks, sliced
- 1 reduced salt stock cube
- 2 cups water
- 1 tablespoon reduced salt margarine
- 2 tablespoons flour
- 2 egg yolks
- ¼ of a lemon, juiced
- 2 cups beans, topped and tailed
- 1 cup Basmati rice

METHOD:

1. Place lamb, onions, capsicum, celery and stock into a large saucepan.
2. Bring to the boil. Reduce the heat and cover. Simmer for 1 to 1½ hours until the meat is tender.
3. Drain the stock from the meat and vegetables, reserving 1½ cups.
4. Melt the margarine in a medium saucepan; add the flour stirring for a couple of minutes. Whilst still stirring, add the reserved stock until slightly thickened.
5. Beat the egg yolks with the lemon juice. Add a small amount of the stock to the egg mixture and mix until smooth. Pour this mixture into the rest of the stock and stir over low heat until the sauce thickens but do not boil. Pour sauce over the meat and vegetables.
6. Serve immediately with ½ cup boiled beans and ¾ cup boiled rice.



Recipe suitability and analysis:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Tangy lamb casserole

2640kJ, 38g protein, 15g fat, 50g carbohydrate, 780mg potassium, 440mg phosphate and 380mg sodium



Pork with Pear Chutney

Serves 4

INGREDIENTS:

- 1 red onion, chopped
- 2 pears, cores removed and chopped
- 1/3 cup red wine vinegar or white vinegar
- 1/3 cup firmly packed brown sugar
- 1/2 teaspoon dried chilli flakes
- 1 tablespoon olive oil
- 4 medium pork chops (about 140g each with fat removed)

TO SERVE:

- 4 small cobs of corn, boiled
- 2 cups chopped green beans, boiled
- 12 asparagus spears, boiled

METHOD:

1. Place onion, pear, vinegar, sugar and chilli in a small saucepan and bring to the boil over a medium heat. Reduce to low heat and simmer for 20 minutes, stirring occasionally, or until pear is tender.
2. Meanwhile, heat oil in a large frying pan over medium to high heat. Add the pork chops and cook for 4 minutes on each side, or until cooked.
3. To serve, divide corn, green beans and asparagus between plates. Place the chops on plates and top with pear chutney.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Pork chop with pear chutney

1330kJ, 30g protein, 11g fat, 25g carbohydrate, 710mg potassium, 320mg phosphate and 110mg sodium

Pork chop with pear chutney, corn, beans & asparagus

1900kJ, 35g protein, 12g fat, 50g carbohydrate, 1075mg potassium, 440mg phosphate and 125mg sodium



Baked Lemon Chicken

Serves 4

INGREDIENTS:

- 3 lemons
- ¼ cup olive oil
- 2 tablespoons chopped parsley
- 4 cloves garlic
- Pepper to taste
- 4 chicken drumsticks, skin removed
- 4 chicken thighs, visible fat and skin removed

TO SERVE:

- 4 small peeled potatoes, boiled
- 2 cups green beans, boiled
- 2 cups sliced carrots, boiled

METHOD:

1. Juice one lemon and thinly slice the other two.
2. Mix lemon juice, sliced lemons, olive oil, parsley, garlic and pepper in a large shallow baking dish. Add chicken pieces to marinade and refrigerate for at least 1 hour, preferably overnight.
3. Preheat oven to 180 degrees Celsius. Bake chicken for approximately 45 minutes in a baking dish, or until brown and cooked through (baste with marinade at least once during cooking time).
4. For each person, serve 1 chicken drumstick, 1 chicken thigh, 1 potato and ½ cup each of green beans and carrots. Drizzle any cooked marinade from baking dish over meals.



This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Baked lemon chicken pieces

1700kJ, 35g protein, 28g fat, 2g carbohydrate, 440mg potassium, 300mg phosphate and 145mg sodium

Baked lemon chicken pieces with 1 small potato (100g), ½ cup beans & ½ cup carrots

2150kJ, 38g protein, 30g fat, 20g carbohydrate, 1050mg potassium, 380mg phosphate and 185mg sodium



Creamy Chicken Pasta

Serves 4

INGREDIENTS:

1 tablespoon olive oil
1 medium onion, chopped finely
2 cloves garlic, crushed
½ cup sliced mushrooms
1 cup sliced zucchini
½ cup frozen corn kernels
½ cup frozen green peas
500g chicken breast, skin removed and sliced
1 reduced salt chicken stock cube e.g. Massel™
Salt Reduced Ultracube
½ cup light/reduced fat sour cream
4 cups cooked pasta e.g. penne
(approximately 2 cups dry pasta)
Ground pepper to taste

SALAD INGREDIENTS:

2 cups shredded lettuce
½ cup chopped cucumber
½ cup grated carrot
8 cherry tomatoes

DRESSING:

2 tablespoons olive oil mixed with
1 tablespoon balsamic vinegar

METHOD:

1. Heat half the oil in a large frying pan over medium heat.
2. Add onion and garlic to pan, stir frequently while cooking for about 3 minutes over medium heat, or until onion is tender.
3. Add mushrooms, zucchini, corn and peas and continue to stir over medium heat for another 3 – 5 minutes, until vegetables are cooked. Remove from pan.
4. Heat remaining oil in pan over medium heat. Add chicken in 2 batches, cooking until cooked through and starting to brown slightly.
5. Add crumbled stock cube and sour cream to pan, stirring for a minute or two. Add vegetable mix, cooked pasta and pepper to taste. Mix well and leave over heat for few minutes until all ingredients are heated through before serving.
6. Toss all of salad ingredients together with dressing just before serving with pasta.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Creamy chicken pasta

2260kJ, 36g protein, 22g fat, 45g carbohydrate, 590mg potassium, 485mg phosphate and 480mg sodium

Creamy chicken pasta with salad

2660kJ, 37g protein, 31g fat, 47g carbohydrate, 790mg potassium, 500mg phosphate and 500mg sodium



Chicken Stirfry

Serves 4

INGREDIENTS:

- 1 cup canned pineapple, drained and juice reserved
- 2 tablespoons white vinegar
- 2 teaspoons sherry
- 1 teaspoon honey
- ¼ teaspoon Chinese five spice powder
- 2 teaspoons reduced salt soy sauce
- 2 teaspoons grated fresh ginger
- 600g skinless chicken breast, sliced thinly
- 2 teaspoons cornflour
- 1 teaspoon sesame oil
- 2 teaspoons vegetable oil
- 1 cup sliced carrots
- 1 cup broccoli flowerets
- 1 cup snowpeas, halved
- ½ medium red capsicum, chopped into large dice
- 4 cups boiled white rice or 4 cups boiled plain noodles (no salt added to water)

METHOD:

1. In a shallow dish, combine pineapple juice, vinegar, sherry, honey, five spice powder, soy sauce and ginger.
2. Add chicken and marinate for at least 1 hour or overnight. Drain chicken and reserve marinade.
3. Add cornflour to the reserved marinade and mix until smooth then set aside.
4. In a large frying pan or wok, heat sesame oil and 1 teaspoon of vegetable oil. Add the chicken in small batches, stirring constantly, until no longer pink. Remove chicken from pan and set aside.
5. Reheat pan with remaining 1 teaspoon vegetable oil, add vegetables and stir constantly for about 5 minutes (until vegetables are cooked but still crunchy).
6. Return chicken to pan and add reserved marinade. Cook until sauce has thickened (few minutes), then add pineapple pieces and heat through (1 minute).
7. Serve with 1 cup boiled rice or noodles for each person.



This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Chicken stirfry and boiled white rice/noodles

2200kJ, 38g protein, 12g fat, 60g carbohydrate, 800mg potassium, 460mg phosphate and 210mg sodium



Roast Lemon Chicken with Celery Pilaf

Serves 4

INGREDIENTS:

- 1 large lemon
- 1 reduced salt chicken stock cube, crumbled
- 500ml (2 cups) boiling water
- 1 tablespoon plain flour
- Pepper, to season
- 4 large chicken drumsticks
- 2 tablespoons of olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 200g (1 cup) long-grain rice
- 1 teaspoon dried oregano
- 2 large stalks of celery, chopped
- Cos Lettuce leaves, to serve

METHOD:

1. Preheat oven to 180 degrees Celsius.
2. Use a zester to remove the rind from the lemon. (Alternatively, use a vegetable peeler to peel the rind from the lemon. Then use a small sharp knife to remove the white pith from the rind. Then cut the rind into very thin strips).
3. Squeeze the lemon and reserve the juice.
4. Place the stock cube and boiling water in a heatproof jug and stir until the stock cube dissolves.
5. Place the flour in a large shallow bowl and season with pepper.
6. Add the chicken to the flour and pepper mixture and toss to lightly coat.
7. Heat the oil in a heavy-based flameproof casserole dish over a medium heat.
8. Add the chicken drumsticks and cook for 2 minutes each side or until browned. Transfer to a plate.



9. Add the onion and garlic to the dish and cook, stirring for 3 minutes or until soft.
10. Add the rice and oregano and cook, stirring constantly, for 1 minute.
11. Add the lemon juice and chicken stock. Increase the heat to high and bring to the boil.
12. Add celery and return the chicken to the dish.
13. Cover the casserole dish with a lid or foil and bake in the oven for 30 minutes or until the rice is tender and the chicken is cooked through.
14. Remove from the oven and stir in the lemon zest.
15. Cover the casserole dish and set aside for 5 minutes.
16. Serve with a side of lettuce leaves.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Rosemary lemon chicken with celery pilaf

2000kJ, 24g protein, 22g fat, 44g carbohydrate, 350mg potassium, 250mg phosphate and 390mg sodium

Chicken & Mushroom Risotto

Serves 6

INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 700g chicken breast, diced
- 1 large onion, chopped
- 2 tablespoons unsalted butter
- 375g short grain rice (such as Arborio)
- ½ cup dry white wine
- 3 cups hot water
- 2 teaspoons salt reduced powdered chicken stock
- ¾ cup canned asparagus, reduced salt, drained
- 1 cup mushrooms, sliced
- ½ cup grated parmesan cheese
- 3 tablespoons chopped parsley
- 3 tablespoons pine nuts, toasted

METHOD:

1. Heat olive oil in a pan and sauté diced chicken and onion until lightly browned. Remove from pan and set aside.
2. Heat unsalted butter in a pan, add rice and stir until well coated with butter.
3. Add wine, water and stock (dissolve stock in water prior to adding to avoid lumps). Stir well and slowly bring to the boil. Cover and reduce heat to a simmer.
4. Simmer gently, stirring often, for 15 minutes or until liquid is almost absorbed and rice is tender.
5. Add asparagus, mushrooms, parmesan and chopped parsley and simmer for a further 5 minutes until mushrooms are soft and all liquid is absorbed. Top with toasted pine nuts and serve immediately.

This recipe is suitable for people on:

✓Peritoneal Dialysis ✓Haemodialysis

Each serve of this recipe will provide:

Chicken and mushroom risotto

510kJ, 35g protein, 25g fat, 53g carbohydrate, 550mg potassium, 500mg phosphate and 470mg sodium

Tuna & Lemon Farfalle

Serves 4

INGREDIENTS:

- 500 g farfalle (bow pasta)
- 1 tablespoon olive oil
- 1 Spanish onion, diced
- 425g tinned tuna, drained and flaked
- ½ cup freshly grated parmesan cheese
- 2 cups broccoli florets, boiled
- Rind and juice of 2 lemons
- Black pepper
- ½ cup light sour cream
- 1 tablespoon capers (optional)
- 1 tablespoon shaved parmesan, extra

METHOD:

1. Cook pasta in a large saucepan of boiling water until tender. Drain and set aside.
2. Heat oil in same saucepan and add onion, tuna, parmesan, broccoli, lemon rind and juice and black pepper to taste.
3. Return drained pasta to hot tuna mixture and stir through sour cream; heat through.
4. Serve sprinkled with capers and extra shaved parmesan.

This recipe is suitable for people on:

✓Peritoneal Dialysis ✓Haemodialysis

Each serve of this recipe will provide:

Tuna and lemon farfalle

1860kJ, 38g protein, 15g fat, 35g carbohydrate, 550mg potassium, 430mg phosphate and 425mg sodium

Masala Fish with Lemon & Saffron Rice and Salad

Serves 4

INGREDIENTS:

500g fish cutlets or fillets
2 tablespoons oil

MASALA MARINADE

(blend ingredients until smooth or chop finely and mix)

1 tablespoon ginger, chopped
1 cup loosely packed fresh coriander leaves, coarsely chopped
4 cloves garlic
½ teaspoon chilli powder
2 teaspoons garam masala
2 teaspoons ground turmeric
½ cup lemon juice

LEMON AND SAFFRON RICE INGREDIENTS

750ml homemade, salt-free chicken stock
or substitute with water (reduces potassium content by 100mg per serve)
or substitute with 1 Massel™ salt-reduced chicken stock cube
or vegetable Ultracube added to 750ml water
¼ teaspoon saffron threads
2 tablespoons oil
1 medium brown onion
2 cloves garlic, crushed
1 teaspoon fresh ginger, grated
6 curry leaves, torn
2 teaspoons finely grated lemon rind
1½ cups basmati rice, washed and drained
2 tablespoons lemon juice
¼ cup finely chopped fresh coriander leaves

SALAD

1½ cups lettuce
¾ cup cucumber
¾ cup red capsicum
1 cup bean sprouts

METHOD:

1. Combine fish with Masala marinade in large bowl, cover and stand 30 minutes.
2. Bring stock to the boil in a medium saucepan and remove from heat. Stir in saffron; cover and stand 15 minutes.
3. Heat 2 tablespoons oil in medium saucepan; cook onion, garlic, ginger and curry leaves, stirring until onion is soft. Stir in rind and rice; cook, stirring for 1 minute. Stir in stock, bring to the boil; reduce heat, simmer, covered 20 minutes or until rice is cooked and all liquid has been absorbed.
4. Remove rice from heat and stir in lemon juice and coriander; stand, covered, 5 minutes.
5. Chop salad ingredients and mix in a bowl.
6. Meanwhile, heat 2 tablespoons oil in grill pan or BBQ; cook fish until browned on both sides and cooked.
7. To serve, spread Lemon and Saffron Rice on a large serving platter and place fish on top with lime wedges and a sprig of coriander.
8. Serve with salad.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Maslaa fish with rice and salad

2750kJ, 36g protein, 26g fat, 73g carbohydrate, 1080mg potassium, 500mg phosphate and 140mg sodium or 380mg sodium/serve if using one stock cube to make the stock.



Salmon Mornay

Serves 6

INGREDIENTS:

- 3 cups boiled white rice
- 600g canned pink salmon, drained & chopped or flaked
- 1 large onion, diced
- ¾ cup corn kernels
- 2 tablespoons salt reduced margarine
- 3 tablespoons plain flour
- 2 cups reduced fat milk
- Pepper, to taste
- 2 tablespoons fresh breadcrumbs
- 60g parmesan cheese, grated
- 2 tablespoons fresh parsley, roughly chopped

SALAD

- 6 lettuce leaves
- 24 slices cucumber
- 6 rings green capsicum
- 1 large stick celery
- 6 teaspoons Fat Free Italian dressing

METHOD:

1. Lightly grease a non stick baking dish with olive oil and fill with cooked rice. Set aside.
2. Heat margarine in a large saucepan, add onion and cook until soft. Stir in flour and combine well. Add milk and stir over high heat until bubbling. Reduce heat and stir until sauce thickens.
3. Add pink salmon, corn and pepper and stir until well combined (a small amount of extra milk can be added if the sauce is too thick). Pour salmon mixture over rice and top with breadcrumbs, grated cheese and parsley.
4. Bake in moderate oven for 30 minutes or until golden brown. Serve with green salad if desired.



This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Salmon mornay

1880kJ, 33g protein, 17g fat, 40g carbohydrate, 580mg potassium, 489mg phosphate and 520mg sodium

Salmon mornay and green salad

1930kJ, 34g protein, 17g fat, 41g carbohydrate, 690mg potassium, 500mg phosphate and 540mg sodium





Kedgeree (curried rice)

Serves 6

INGREDIENTS:

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 2 tablespoons curry powder
- Juice of 1 lemon
- 3 cups boiled white rice, cooled (recommend basmati rice)
- 6 eggs, hard boiled, chopped roughly
- 2 × 415g cans pink or red salmon, drained and broken up into large pieces
- 2 cups frozen vegetable mix (green peas, corn, capsicum), boiled
- ½ cup parsley, chopped

METHOD:

1. Heat oil in a large saucepan over medium heat. Add onion and cook for 3 minutes or until soft. Add curry powder and ¼ cup lemon juice. Stir until well combined.
2. Add rice to saucepan, stir until it is well coated with curry mixture. Keep pan over heat and stir occasionally, for about 8 minutes or until rice is heated through.
3. Gently mix eggs, salmon and vegetable mix through rice. Add pepper to taste. Cook for a few minutes until eggs and salmon are heated through.
4. Remove saucepan from heat. Stir parsley through rice and serve.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Kedgeree

1870kJ, 35g protein, 19g fat, 32g carbohydrate, 530mg potassium, 415mg phosphate and 700mg sodium



Noodle Pancakes

Serves 2 for dinner, 4 for lunch

INGREDIENTS:

45g dry vermicelli or cellophane noodles
3 eggs
¼ cup plain flour
200g cooked chicken breast, finely sliced
½ cup corn kernels (fresh, frozen & thawed or canned & drained– no added salt)
½ cup grated zucchini or green peas
2 tablespoons chopped chives
¼ cup coriander leaves
2 teaspoons salt reduced soy sauce
1 tablespoon olive or peanut oil

GLAZE

2 tablespoons plum sauce
2 teaspoons reduced salt soy sauce
¼ cup sherry

METHOD:

1. Combine glaze ingredients in a small saucepan and bring to the boil. Reduce heat and keep warm.
2. Place noodles in a bowl and cover with boiling water. Leave for 5 minutes or until soft. Drain and then cut noodles into about 2 cm lengths.
3. In a large bowl, beat the eggs, then fold in flour. Add noodles, chicken, corn, zucchini/peas, herbs and soy sauce.
4. Heat a non stick frying pan over medium heat and brush with oil. Pour ¼ of the mixture into pan and cook until browned underneath and egg is set on top. Turn and brush with the glaze, cooking until other side is browned. Repeat with remaining mixture.
5. Serve each pancake with extra glaze spooned over the top.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

1 noodle pancake (lunch)

1300kJ, 20g protein, 12g fat, 24g carbohydrate, 260mg potassium, 230mg phosphate and 405mg sodium

2 noodle pancakes (dinner)

2600kJ, 40g protein, 24g fat, 48g carbohydrate, 520mg potassium, 460mg phosphate and 810mg sodium



Chicken Pie

Serves 6

INGREDIENTS:

- ¼ cup plain white flour
- ½ teaspoon ground pepper
- 2 teaspoons finely chopped fresh tarragon or oregano, or ½ teaspoon dried
- 1 kg chicken thigh fillets (no skin), chopped into large cubes
- 2 tablespoons olive oil
- 1 onion, peeled and chopped
- 2 sticks celery, chopped
- 2 medium carrots, peeled and chopped
- 1 clove garlic
- 1 cup/250ml water
- ½ cup/125ml white wine
- 1 reduced salt chicken stock cube
e.g. Massel™ Salt Reduced Ultracube
- 1 cup frozen green peas
- 2 tablespoons cream
- 1 tablespoon extra chopped tarragon or oregano, or 1 teaspoon dried Pepper to taste
- 6 sheets filo pastry

TO SERVE:

- 3 medium potatoes, peeled, chopped and boiled
- 3 cups green beans, boiled

METHOD:

1. Place flour in a clean plastic bag with pepper and finely chopped herbs.
2. Add the chicken pieces and shake until chicken is coated with flour. Remove each piece of chicken from the bag and shake off any excess flour.
3. Heat 1 tablespoon of the oil in a large saucepan over medium heat. Add 1/3 of chicken, cook for 5 minutes or until browned (does not need to be cooked through). Repeat this process twice with the remaining chicken, reheating the pan each time. Set browned chicken aside.

4. Heat the remaining 1 tablespoon of oil in the same saucepan. Add onion, celery, carrot and cook, stirring for about 3 minutes or until onion is tender. Add the garlic and stir.
5. Return chicken to pan with vegetables, add water, wine and crumbled stock cube to vegetables in saucepan. Bring to a simmer, and reduce heat to low. Cover with saucepan lid and simmer for 15 minutes or until chicken and vegetables are tender. Remove lid and cook for a further 15 minutes, stirring occasionally, until sauce thickens.
6. Preheat oven to 180 degrees Celsius.
7. Add the peas, cream, extra herbs and pepper to chicken and vegetable mix.
8. Divide the chicken and vegetable mix evenly between 6 individual ovenproof dishes (1½ cup capacity each) or 2 larger dishes (4 cup capacity each).
9. Cut pastry into appropriate sized pieces for dishes used. Layer pastry over each pie (aim for at least 3 layers per pie), lightly spraying with olive oil spray between each layer.
10. Bake pies in the oven for 20 minutes or until pastry is golden. Serve with boiled potatoes and green beans.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Chicken pie

1960kJ, 37g protein, 22g fat, 26g carbohydrate, 790mg potassium, 445mg phosphate and 575mg sodium

Chicken pie with potato and beans

2190kJ, 39g protein, 22g fat, 35g carbohydrate, 1100mg potassium, 490mg phosphate and 580mg sodium

Middle Eastern inspired Scotch Eggs

Serves 6

INGREDIENTS:

6 eggs
500g lean lamb or beef mince
1 small red onion, finely chopped
¼ cup sultanas or currants
(can be left out if on a low potassium diet)
¼ cup pine nuts
2 teaspoons sumac
¼ cup parsley or fresh coriander
1 egg whisked
¼ cup plain flour
¼ cup dried breadcrumbs
Oil for frying

GREEN SALAD

1½ cup mixed lettuce
½ cup sliced cucumber
2 rings capsicum
1 tablespoon Italian dressing, low fat

Serve with one tablespoon of hummus or yoghurt and a slice of bread

METHOD:

1. Hard boil six eggs. Once boiled, set aside for 5 minutes to cool, then peel and set aside.
2. Meanwhile, put mince, onion, currants or sultanas, pine nuts, sumac, parsley or coriander and whisked egg in a large bowl.
3. Use your hands to mix all ingredients together well. Divide the mixture into 6 equal portions.
4. Put flour and breadcrumbs into two separate bowls.
5. Roll peeled boiled eggs in flour mixture and set aside.



6. To assemble, hold 1 portion of the mince mixture in the palm of your hand and use the other palm to flatten. Then place the egg in the centre of the mince mixture. Shape the mince mixture around the boiled egg. Press firmly.
7. Roll the mince mixture in breadcrumbs. Repeat, the process with the remaining eggs.
8. Add oil to pan to a depth of about 5cm. Pan fry the eggs until golden brown and then set aside on absorbent paper.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis (if dried fruit is left out)

Each serve of this recipe will provide:

Middle eastern scotch eggs

1 egg

1 serve will provide 1950kJ, 32g protein, 30g fat, 13g carbohydrate, 520mg potassium (or 460mg if you omit the dried fruit), 380mg phosphate and 180 mg sodium

One serve + 1 slice of bread, salad, hummus and yoghurt

1 serve will provide 2560kJ, 38g protein, 34g fat, 36g carbohydrate, 770 mg potassium, 450mg phosphate and 400mg sodium

Pea & Mint Pasta Frittata

Serves 4

INGREDIENTS:

Olive oil, to grease

2 teaspoons olive oil

2 zucchini, ends trimmed, coarsely grated

6 green shallots, white part only, finely chopped

2 garlic cloves, crushed

150g (1 cup) frozen baby peas, thawed

4 large eggs

4 egg whites

230g (2 cups) cooked penne pasta

½ cup low fat ricotta

2 tablespoons chopped fresh mint

2 tablespoons chopped fresh chives

SALAD

2 cups lettuce, roughly torn

16 slices cucumber

2 carrots, peeled and thinly sliced

20 snow peas

4 Small white dinner rolls or slices of white bread

METHOD

1. Preheat oven to 180 degrees Celsius. Brush a round 20cm (base measurement) spring form pan with oil to grease. Line base and sides with non-stick baking paper.
2. Heat oil in a large non-stick frying pan over medium-high heat. Add the zucchini and cook, stirring, for 1-2 minutes. Add the shallot, garlic and peas and cook, stirring, for 1 minute or until heated through. Transfer to a large heatproof bowl.
3. Whisk together the eggs and egg whites in a medium bowl. Add the egg, pasta, ricotta, mint and chives to the zucchini mixture and stir until well combined. Season with pepper.
4. Pour the pasta mixture into the lined pan. Bake in the oven at 180 degrees Celsius for 25-30 minutes or until set and golden. Set aside for 10 minutes to cool slightly. Remove from the pan and cut into wedges.
5. Combine all salad ingredients and serve frittata with salad and a dinner roll.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Peas and mint pasta frittata

1660kJ, 24g protein, 14g fat, 40g carbohydrate, 555mg potassium, 310mg phosphate, 410mg sodium



Vegetarian Pad Thai

Serves 4

INGREDIENTS:

- 1½ tablespoons reduced salt soy sauce
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1 tablespoon brown sugar
- 1 teaspoon fish sauce
- 1 red chilli, chopped (can omit)
- 300g packet dry pad thai or rice noodles
- ¼ cup peanut oil
- 600g firm tofu, drained and cut into 2cm cubes
- ½ red onion, diced
- 3 garlic cloves, crushed or finely sliced
- 1 carrot, peeled and thinly sliced
- 1 red capsicum, thinly sliced
- 6 eggs, whisked lightly
- 100g bean sprouts
- 2 cups shredded cabbage
- ½ cup coriander leaves
- 4 tablespoons crushed unsalted peanuts

METHOD:

1. Combine soy sauce, lemon and lime juice, brown sugar, fish sauce and chilli in a small bowl. Set aside.
2. Place noodles in a large heatproof bowl and cover with boiling water. Set aside for 5 minutes to soften, then stir with a fork to separate noodles and drain.
3. Heat 2 tablespoons of peanut oil in a wok over high heat until smoking. Add the tofu and cook for 2 minutes, stirring constantly until golden brown. Remove tofu from pan and set aside.
4. Heat 1 tablespoon of peanut oil in wok until smoking. Add onion and garlic and cook, stirring constantly for 2 – 3 minutes or until onion softens. Add carrot and capsicum and cook for further 2 minutes, followed by cabbage and cook for 1 minute.



Remove vegetables from pan and set aside.

5. Heat 1 tablespoon of peanut oil in wok. Pour in lightly beaten eggs and stir over heat until egg is cooked (omelette). Remove egg and cut into strips.
6. Heat wok over low heat. Combine tofu, vegetable mix, egg omelette, noodles, bean sprouts, coriander and sauce mix. Stir over heat until well combined.
7. Serve out pad thai into individual bowls, sprinkling each serve with 1 tablespoon of peanuts and extra lemon wedge if desired.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Pad thai

2500kJ, 35g protein, 38g fat, 26g carbohydrate, 780mg potassium, 415mg phosphate and 530mg sodium

Desserts



Berry Pancakes

Serves 6

INGREDIENTS:

110g plain flour
2 eggs
200mls full cream milk mixed with 75mls water
1 tablespoon salt reduced margarine, melted
2 cups mixed berries (strawberry/blueberry/raspberry)
6 small scoops ice cream (25g each)
2 tablespoons icing sugar

If using frozen berries, thaw 30 minutes prior to use.

METHOD:

1. Sift plain flour into a large bowl and make a well in the centre.
2. Break eggs into the well and gradually whisk in with the flour.
3. Slowly add milk and water mixture, stirring as you go. Continue until all the liquid is used and batter is smooth. Mix in melted margarine and combine well.
4. Heat a large non stick pan and lightly grease with cooking spray. Place large spoonfuls of mixture into pan (about 10cm in diameter) and cook until bubbles appear.
5. Turn pancake and cook remaining side until golden. Continue until all batter is used. This should make about 12 thin pancakes.
6. Serve 2 pancakes folded in 4, topped with berries and a dollop of vanilla ice cream. Dust lightly with icing sugar if desired.

This recipe is suitable for people on:

✓Peritoneal Dialysis ✓Haemodialysis

Each serve of this recipe will provide:

Berry pancakes

840kJ, 7g protein, 8g fat, 23g carbohydrate, 215mg potassium, 115mg phosphate and 70mg sodium

Note: This dessert is higher in phosphate than the nutrient guideline used for the recipes

Passion Pudding

Serves 8

INGREDIENTS:

$\frac{3}{4}$ cup (60g) desiccated coconut
 $\frac{3}{4}$ cup (165g) caster sugar
 $\frac{1}{2}$ cup (75g) plain flour
4 eggs
300ml milk
125g reduced salt poly or monounsaturated margarine
 $\frac{1}{2}$ cup (125ml) passionfruit pulp
1 tablespoon lemon juice

METHOD:

1. Pre heat oven to 180 degrees Celsius. Grease a 23cm, oven safe pie or flan dish.
2. Mix coconut, sugar and flour in a bowl.
3. In a separate bowl, mix remaining ingredients and add to the coconut mixture. Stir to combine.
4. Pour mixture into the dish and bake in the pre-heated oven for 40 minutes or until the pudding is a light golden brown and just set.
5. Serve warm or at room temperature.

This recipe is suitable for people on:

✓Peritoneal Dialysis ✓Haemodialysis

Each serve of this recipe will provide:

Passion Pudding

1430kJ, 6g protein, 20g fat, 30g carbohydrate, 175mg potassium, 100 mg phosphate and 55mg sodium

Berry French Toast

Serves 2

INGREDIENTS:

- 1 medium egg
- 1 tablespoon vegetable or canola oil
- 2 slices of fruit bread
- ½ cup frozen berries, thawed
- 2 tablespoons icing sugar or honey
- 2 small scoops reduced fat vanilla ice cream

METHOD:

1. Lightly beat the egg in a small bowl.
2. Heat oil in medium sized non-stick frying pan over medium heat.
3. Soak each slice of fruit bread in egg mixture, then place in frying pan. Cook for few minutes each side, until egg mixture is cooked and browned to your taste.
4. Place each slice of French toast in a small bowl to serve. Sprinkle icing sugar or drizzle honey over each slice.
5. Divide berries between toast, place 1 scoop of ice cream on each and serve.

This recipe is suitable for people on:

✓Peritoneal Dialysis ✓Haemodialysis

Each serve of this recipe will provide:

Berry French toast

1280kJ, 8g protein, 14g fat, 36g carbohydrate, 235mg potassium, 100mg phosphate and 140mg sodium

Note: This dessert is higher in sodium than the nutrient guideline used for the recipes



Baked Apples

Serves 4

INGREDIENTS:

- 4 apples (recommend Granny Smith or Golden Delicious)
- 1 tablespoon lemon juice
- 4 dried dates, chopped finely
- 1 teaspoon vanilla essence
- 2 tablespoons brown sugar
- 12 almonds, chopped finely
- ½ teaspoon mixed spice or cinnamon

TO SERVE:

- 8 tablespoons low fat custard (2 tablespoons per serve)

METHOD:

1. Preheat oven to 180 degrees Celsius.
2. Leaving apples whole, take core out of middle and place them in a ceramic baking dish.
3. Drizzle lemon juice into the centre of each apple.
4. Combine dates, vanilla essence, brown sugar, almonds and spice. Spoon mixture into centre of each apple.
5. Cover dish with foil and bake for 15 minutes. Remove foil and bake for further 15 minutes or until apples are tender.
6. Serve each apple with 2 tablespoons of custard.

This recipe is suitable for people on:

- ✓ Peritoneal Dialysis
- ✓ Haemodialysis

Each serve of this recipe will provide:

Baked apple with custard

780kJ, 3g protein, 3g fat, 37g carbohydrate, 340mg potassium, 75mg phosphate and 23mg sodium





Orange and Strawberry Crepes

Serves 4

INGREDIENTS:

- ¾ cup plain flour
- 1 egg, lightly beaten
- 100ml reduced fat milk
- 200ml water
- 1 tablespoon oil
- 1 tablespoon honey
- 2 tablespoons freshly squeezed orange juice
- 2 oranges, peeled and segmented
- 16 strawberries, halved
- 4 tablespoons whipped cream, if desired

METHOD:

1. Sift flour into a bowl and make a well in the centre.
2. Gradually whisk egg and milk into flour, beat until smooth and then add in water until runny consistency. Stand mixture for 30 minutes.
3. Heat oil in a small frying pan. When very hot, pour off excess oil and thinly coat base of the pan with crepe batter. When browned on first side, turn over to cook other side. Repeat until 8 crepes are made.
4. Heat honey and orange juice in a small pan, add orange segments and strawberries and heat through.
5. To serve place 2 crepes on each plate and spoon over orange and strawberry sauce. Add 1 tablespoon whipped cream per serve if desired.

This recipe is suitable for people on:

- ✓ Peritoneal Dialysis
- ✓ Haemodialysis

Each serve of this recipe will provide:

Orange and strawberry crepes

950kJ, 7g protein, 7g fat, 33g carbohydrate, 275mg potassium, 110mg phosphate and 35mg sodium

Orange and strawberry crepes with cream

1100kJ, 7g protein, 11g fat, 33g carbohydrate, 285mg potassium, 115mg phosphate and 35mg sodium

Note: This dessert is higher in phosphate than the nutrient guideline used for the recipes



Apple & Rhubarb Crumble

Serves 6

INGREDIENTS:

425g canned pie apple
2 cups chopped rhubarb
2 tablespoons sugar
2 tablespoons water
2 tablespoons honey
2 teaspoons margarine
1½ cups cornflakes
½ cup plain flour
Low fat vanilla ice cream - 6 small scoops (25g each)

METHOD:

1. Preheat oven to 180 degrees Celsius
2. Place rhubarb, sugar and water in a saucepan, cover and cook for 8-10 minutes until rhubarb is soft. Stir in pie apple and mix well.
3. Spoon fruit into a greased ovenproof dish.
4. Combine honey and margarine in a small bowl and microwave on high for 20 seconds.
5. In a separate bowl, combine cornflakes and flour. Stir in honey mixture. Spread over fruit and bake for 20-30 minutes until golden. Serve hot with a small scoop of vanilla ice cream.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Apple & Rhubarb Crumble

750kJ, 3g protein, 1.3g fat, 37g carbohydrate, 160g potassium, 40g phosphate and 96g sodium

Apple & Rhubarb Crumble with 1 small scoop (25g) low fat vanilla ice cream

865kJ, 4g protein, 2g fat, 42g carbohydrate, 210mg potassium, 80mg phosphate and 100mg sodium



Poached Pears with Baked Ricotta

Serves 8

INGREDIENTS:

BAKED RICOTTA

500g reduced fat Ricotta cheese

¼ cup caster sugar

1 teaspoon vanilla extract

PEARS

120g or 5 tablespoons of honey

2 cups water

Rind and juice of a small lemon

½ cup (150ml) dry white wine

1 cinnamon stick

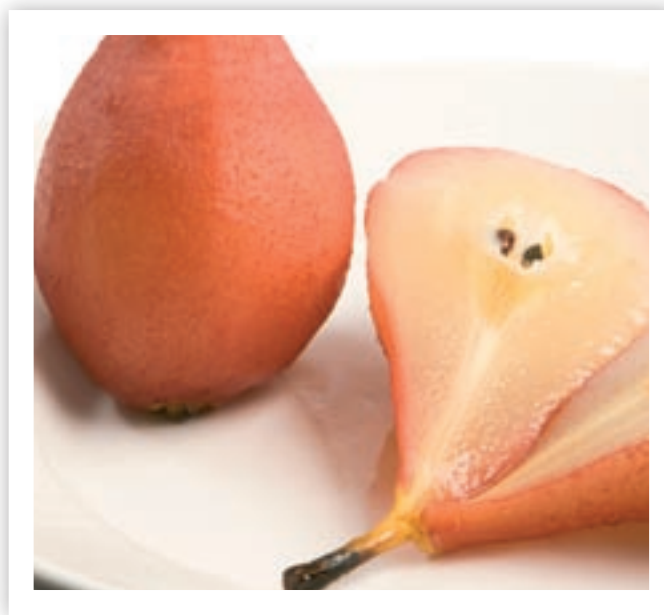
8 cloves

1 vanilla bean, split

4 firm pears, peeled, halved, cored (Buerre Bosc are best when in season)

METHOD:

1. Pre-heat oven to 150 degrees Celsius and lightly grease a muffin tray.
2. Place ricotta, sugar and vanilla in a bowl, whisk until smooth. Divide mixture into 8 muffin casings.
3. Bake for 15 minutes or until firm to touch. Set aside to cool for 10 minutes and then refrigerate.
4. Place honey, water, lemon, wine and spices in a saucepan and simmer for 5 minutes.
5. Add pears and simmer for further 15-20 minutes or until pears are just tender (will depend on ripeness of pears). Do not overcook or pears will be mushy. Remove pears and set aside.
6. Boil remaining liquid until reduced by half. Cool slightly.



7. Place 1 pear half into each bowl and spoon over cooled liquid. Turn out chilled ricotta moulds and serve with pears and syrup. Top with a sprinkle of cinnamon if desired.

This recipe is suitable for people on:

✓Peritoneal Dialysis ✓Haemodialysis

Each serve of this recipe will provide:

Poached Pears

460kJ, 0.4g protein, 0g fat, 24g carbohydrate, 100g potassium, 13g phosphate and 8g sodium

Poached Pears with baked ricotta

980kJ, 7g protein, 5.5g fat, 32g carbohydrate, 183mg potassium, 118mg phosphate and 125g sodium

Note: This dessert is higher in phosphate and sodium than the nutrient guideline used for the recipes

Speedy Apple Sponge Dessert

Serves 4

INGREDIENTS:

- 1 large can of pie apple e.g. 425 g can
- ¼ cup of sultanas
- 4 tablespoons of water or milk
- 1 teaspoon nutmeg
- 2 eggs
- 3 teaspoons of sugar (or artificial sweetener if desired)
- 1/3 cup corn flour
- ¼ cup self raising flour
- 8 tablespoons cream

METHOD:

1. Grease baking dish with margarine.
2. Combine apple, sultanas and water in bowl. Spread mixture into a greased baking dish. Sprinkle with nutmeg.
3. Beat eggs in a separate bowl until thick and creamy. Add sugar gradually and beat until all dissolved.
4. Fold cornflour and self-raising flour into the sugar and egg mixture. Quickly spread this when combined together over apple mixture.
5. Bake at 180 degrees Celsius for 30 minutes or until golden brown.

Alternatively: to make in the microwave:

1. Omit the water and just combine apple, nutmeg and sultanas in a microwave proof bowl.
2. Cover mixture and cook in microwave for 2-3 minutes on high (100%). Stir when finished.
3. Beat eggs in a separate bowl until thick and creamy. Add sugar gradually and beat until all dissolved.
4. Fold cornflour and self-raising flour into the sugar and egg mixture. Quickly spread this when combined together over apple mixture.



5. Cover and microwave on High (100% power) for 4 – 5 minutes, or until cooked.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Speedy apple sponge dessert

470kJ, 2g protein, 20g carbohydrate, 2g fat, 117mg potassium, 116mg phosphate and 62 mg sodium

With 2 tablespoons cream

1130kJ, 3g protein, 20 g carbohydrate, 20g fat, 117mg potassium, 116mg phosphate and 82 mg sodium

Note: This dessert is higher in phosphate than the nutrient guideline used for the recipes



Passion Pavlova

INGREDIENTS:

- 5 egg whites
- 1 cup (220g) caster sugar
- 2 tablespoons cornflour
- 2 teaspoons white wine vinegar
- 1 cup cream
- ½ cup passionfruit pulp (about 4 passionfruits)
- 250g strawberries, washed hulled and halved

METHOD:

1. Pre heat oven to 150 degrees Celsius. Place egg whites into a clean bowl and beat with an electric mixer until stiff peaks form. Gradually add sugar whilst beating until a stiff, glossy mixture is formed. Add cornflour and vinegar and beat until just combined.
2. On a baking tray lined with baking paper, shape the mixture into an 18cm round. Reduce the heat to 120 degrees Celsius and bake for 1 hour and 20 minutes. Turn the oven off and let the pavlova cool inside the oven.
3. Beat the cream until firm. Spread over the pavlova. Top with strawberries and passionfruit just before serving.

Recipe suitability and analysis:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Passion Pavlova

1020 kJ, 4g protein, 11.5g fat, 30g carbohydrate, 120mg potassium, 35mg phosphate and 60mg sodium



A close-up photograph of two slices of rustic, golden-brown bread stacked on a wooden surface. The top slice is topped with a generous amount of melted butter and garnished with fresh green thyme leaves. In the background, a wooden butter knife is visible, and a small bowl of butter is partially seen. The overall scene is warm and inviting, suggesting a simple, comforting snack.

Snacks

Craisin Slice

Makes 20

INGREDIENTS:

- 2 ½ cups plain flour
- 300g unsalted margarine
- 1 cup caster sugar
- 125g craisins (dried cranberries)
- 1 egg white, lightly beaten
- Cinnamon, pinch
- 2 tablespoons caster sugar, extra

METHOD:

1. Pre-heat oven to 150 degrees Celsius. Grease and line a 26cm X 32cm Swiss roll tin.
2. In a food processor add flour, margarine and caster sugar until mixture comes together. This can also be done by hand. Stir in the craisins and cinnamon.
3. Press mixture into prepared tin. Brush with egg white and sprinkle with the extra caster sugar.
4. Bake in oven for around 40 minutes or until golden. Cool in pan.
5. Cut into finger sized pieces.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Craisin slice

1790kJ, 4g protein, 24g fat, 50g carbohydrate, 70mg potassium, 50mg phosphate and 8mg sodium



Coconut Rainbow Marshmallows

Serves 20

INGREDIENTS:

4 tablespoons gelatine

1 cup cold water

4 cups caster sugar

2 cups hot water

Flavouring and food colour (use one combination)

Rose: 1 teaspoon rosewater and $\frac{1}{4}$ teaspoon rose or red food colouring

Orange: 1 teaspoon orange blossom or flower water and $\frac{1}{2}$ teaspoon orange food colouring

Peppermint: $\frac{1}{2}$ teaspoon peppermint essence and 6 drops green food colouring

2 teaspoons lemon juice

1 cup desiccated coconut

METHOD:

1. Sprinkle the gelatine over the cold water in a bowl.
2. Combine the sugar and hot water in a large saucepan; stir over low heat until the sugar dissolves; bring to the boil. Add gelatine mixture; boil steadily, uncovered, for 20 minutes. Cool to lukewarm.
3. Pour the sugar mixture into a large bowl of an electric mixer; add the flavouring, colouring and lemon juice. Beat on a high speed until the mixture is very thick and holds its shape, about 5 minutes.
4. Rinse a 20x30 lamington pan with cold water; do not dry. Spread the marshmallow mixture into the pan. Sprinkle a little of the coconut over the marshmallow mixture. Allow to set at room temperature until firm; about 2 hours.
5. Cut the marshmallow into 40 squares (about 4x4cm each), using a wet knife. Toss the squares in the remaining coconut.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve (2 Marshmallows) will provide:

Coconut rainbow marshmallows

840 kJ, 2g protein, 2g fat, 44g carbohydrate, 26mg potassium, 8mg phosphorus and 10mg sodium



Garlic Bread

Serves 8

INGREDIENTS:

- 2 tablespoons reduced salt margarine
- 2 teaspoons skim milk
- 3 teaspoons crushed garlic, from a jar
- 1 tablespoon chopped parsley
- 1 x 170g French bread stick (about 25cm long)

METHOD:

1. In a small mixing bowl beat margarine for one minute.
2. Slowly add in milk, about $\frac{1}{2}$ teaspoon at a time until blended.
3. Toss in garlic and parsley and combine well.
4. Cut bread stick into 16 slices.
5. Spread margarine mix over the top of each slice.
6. Place bread slices on a flat tray and place under the grill until the bread is golden brown.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve (2 slices) of this recipe will provide:

Garlic bread

450kJ, 2g protein, 12g carbohydrate, 6g fat, 40mg potassium, 30mg phosphate, 150mg sodium



Herb and Onion Puff Tarts

Serves 8

INGREDIENTS:

270g mixed red and brown onions, sliced in rings (approx 3 medium onions)
100g unsalted margarine
½ cup fresh herbs of choice e.g. rosemary, oregano, marjoram, parsley
Ground black pepper
1½ tablespoons white sugar
2 sheets puff pastry (choose the lowest saturated fat and/or sodium content)

METHOD:

1. Fry onion in margarine until soft.
2. Add herbs, sugar and pepper; stir for ½ minute and remove from heat.
3. Cut each sheet of defrosted pastry into 4 squares.
4. Place 8 equal portions of onion mixture on large baking trays, lined with baking paper and spread each to the size of the pastry square.
5. Place each pastry square on top of a portion of onion mixture.
6. Bake in hot oven according to directions on pastry packet; approximately 200 degrees Celsius fan-forced, for 15 minutes or until pastry has risen and is golden brown.
7. Remove tarts from oven when cooked and stand for 2 minutes to cool. Place tarts onion side up on serving dish.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Herb and onion puff tarts

1000kJ, 2g protein, 16g fat, 20g carbohydrate 100mg potassium, 30mg phosphate and 130mg sodium

Sourdough with Chickpea Aioli

Serves 8

INGREDIENTS:

2 teaspoons olive oil
2 cloves garlic
200g chick peas, drained
1 tablespoon drained liquid (from chick peas)
2 tablespoons lemon juice
1 teaspoon lemon rind
¼ teaspoon chopped fresh rosemary
8 slices sourdough (or Turkish bread)

METHOD

1. Heat 1 teaspoon olive oil in a saucepan. Cook the garlic cloves over a medium heat for 1-2 minutes or until golden and softened.
2. Place the chick peas and reserved liquid in a food processor with the garlic, lemon juice and rind, remaining oil and rosemary. Puree until smooth.
3. Slice sourdough into 8 medium slices, spray lightly with olive oil and BBQ or grill until toasted. Serve with chickpea aioli.

This recipe is suitable for people on:

✓ Peritoneal Dialysis ✓ Haemodialysis

Each serve of this recipe will provide:

Chickpea aioli (1Tbs or 25g)

160kJ, 2g protein, 2g fat, 4g carbohydrate, 75mg potassium, 26mg phosphate and 80mg sodium

Chickpea aioli with 1 slice sourdough

310kJ, 3g protein, 2g fat, 10g carbohydrate, 95mg potassium, 40mg phosphate and 160mg sodium

DELICIOUS DIALYSIS RECIPES AND MEALS



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