Tasty Meals
Made Healthy

Nutrient
Values Included
包含
营养价值

煮得开心
尝好滋味
吃出健康

Tasty Meals Made Healthy

Dedicated to
each and every kidney patient
who has received a new lease of life
through National Kidney Foundation Singapore.

recipes 食谱

前言

全国肾脏基金会致力于成为一个以病人为本的组织。肾脏病人的需要永远是我们的第一考量。除了高素质的洗肾护疗，我们也提供全方位、完善的护疗服务，协助病人达到身心全面康复。如此，他们就可以过上更高素质的生活，并重新融入社会，实现自我人生的价值。

要达到全面康复，身体健康，均衡的饮食必不可少。健康的饮食有助于病人保持体魄强健，他们必须摄取正确、适量的营养。对洗肾病人来说，每天摄取适量的蛋白质、卡路里、水分、维他命和矿物质是至关重要的。有鉴于此，NKF展开这项洗肾病人食谱活动，让病人自己研发适合他们的营养汲取，并美味可口的食谱。

我非常高兴我们病人力研出的食谱，不仅适合他们健康，达到洗肾成效，而且也非常适合普罗大众。这其中包括非常经典的亚洲式以及西式的各种菜肴，以满足现代社会的需求。病人的付出也象征着他们充分了解到健康饮食的重要性。

我们所有在NKF的人都为他们感到骄傲，他们不仅和大家分享他们的厨房菜肴，也鼓励其他洗肾病人煮得健康，吃得滋味。我们深深以他们为荣。

让我们大家一起健康煮，开心吃，和亲朋戚友一同吃得滋味，吃出健康!

我们一起开动啦!

陈明娘
全国肾脏基金会
执行理事长

Foreword

The National Kidney Foundation's (NKF) focus is on being a patient-centric organisation. Our kidney patients' needs always come first. We not only want to provide them with quality dialysis treatment, but also with holistic care through a range of rehabilitation programmes. This is so that they can improve their quality of life, become productive members in society and lead fulfilling lives.

One important aspect of their rehabilitation is having a proper diet and nutrition. A well-balanced diet is important for patients to stay fit. They have to eat the right kind and amount of food. It is essential for dialysis patients to have the right amount of protein, calories, fluids, vitamins and minerals each day. Therefore, the NKF embarked on a project to come up with a cook book with suitable, yet tasty recipes for patients.

I am happy that a group of patients have come up with their own healthy recipes to contribute towards this cook book for the benefit of not only kidney patients, but anyone who wants to eat healthily. Some of their recipes are a fusion of Asian- and Western-style cooking to satisfy the palate of a cosmopolitan society. Their contributions towards this cook book are indeed testimony that our patients understand the importance of eating well and eating properly.

All of us at the NKF are proud of these patients for sharing their recipes and taking the lead to encourage fellow patients to cook delicious, healthy food.

Try out these easy-to-cook, mouth-watering recipes with your family and friends and enjoy eating healthy meals.

Bon Appétit!

Yours sincerely

Eunice Tay (Mrs)
Chief Executive Officer
National Kidney Foundation
Singapore

" I am happy that a group of patients have come up with their own healthy recipes to contribute towards this cook book for the benefit of not only kidney patients, but anyone who wants to eat healthily. "

Nutrition plays an important role in Dialysis

洗肾病人如何吃出健康

Nutrition and Dialysis

Diet plays a vital role in dialysis patients' rehabilitative care. A well-balanced diet is necessary for them to stay fit as their kidneys are no longer functioning at their full capacity i.e. to get rid of the waste products and fluids from their blood.

To strive towards being healthy and happy dialysis patients, they would need to:

- Eat the right kind and amount of food on a daily basis
- Take their medication correctly as prescribed by the doctor
- Comply with the haemodialysis treatment, for instance, not to "miss" any dialysis session.

Dialysis patients require a much higher intake of protein than the average person. Too little protein and calorie intake often leads to protein energy malnutrition. To achieve good dialysis outcome, dialysis patients need to closely and carefully monitor their diet so as to help control the waste products and fluids accumulated between dialysis treatments. It is essential for dialysis patients to have the right amount of protein, calories, fluids, vitamins and minerals each day.

A Healthy Diet for a dialysis patient is:

- low in sodium
- controlled in fluids
- low to moderate in potassium
- adequate in protein
- low in phosphorus
- adequate in calories

营养与洗肾

病人在洗肾期间必须额外注意他们的营养汲取，以及加强运动与锻炼。强健的体魄有助于提升个人的自信与生活素质。鉴于他们的肾脏功能已经无法正常操作，所以要保持身体健康，均衡的饮食必不可少。

要力图成为健康、快乐的肾脏病人，他们需要：

- 每天吃正确、适量的食物
- 按照医生的处方正确服食药物
- 谨遵血液洗肾疗程，比如，不要错过洗肾的次数

洗肾病人对蛋白质的摄取量比普通人要高很多。摄取的蛋白质和卡路里太少，通常会导致蛋白质营养不良。要达到良好的洗肾成效，洗肾病人需要密切关注他们的饮食，以控制在洗肾治疗期间所累积的废物及水分。因此，每天摄取适量的蛋白质、卡路里、水分、维他命和矿物质是非常重要的。

对洗肾病人来说，健康的饮食就意味着：

- 低钠
- 适度的水分
- 低至适度的钾含量
- 足够的蛋白质
- 低磷
- 足够的卡路里

Protein 蛋白质

Protein is essential for the building and repairing of muscles in the body and for daily growth. Protein can be divided into two categories: high and low quality. For dialysis diet, high-quality protein, for example, meat, poultry, fish and egg whites are more desirable. Most dairy products such as yogurt, milk and cheese also contain high-quality protein.

During dialysis, some amount of proteins are lost and therefore patients require a higher protein intake compared to people who are not on dialysis. Eating the right amount of protein will help dialysis patients stay fit as insufficient protein intake could result in weight loss, reducing the ability to fight infections and thus, leading to malnutrition.

REMEMBER, THE RIGHT KIND and CORRECT AMOUNT of protein are vital for dialysis patients to stay healthy. Protein food contains phosphate. Therefore, it is very IMPORTANT that dialysis patients take their phosphate binders with ALL their meals.

蛋白质对于人体的日常生长和肌肉的形成与修复至关重要。蛋白质可分为高质量和低质量两类。对洗肾病人来说，高质量的蛋白质如肉、禽肉、鱼及蛋白是较理想的选择。大部分的乳制品，如酸奶、牛奶、及乳酪也含高质量的蛋白质。

由于洗肾的时候会流失一些蛋白质，因此，比起常人，洗肾病人需要摄取更多的蛋白质。如果蛋白质摄取不足，病人的体重会减轻，免疫力下降，进而导致营养不良。所以摄取适量的蛋白质有助于洗肾病人保持强壮的体魄。

记住，摄取正确、适量的蛋白质是非常重要的。一般的蛋白食物含磷，所以洗肾病人每餐皆要服用磷拮抗剂。

Potassium 钾

A mineral that is important for nerve and muscle function, potassium needs to be maintained at a safe amount in the blood. Excessive potassium level in the blood can cause muscle weakness, abnormal heart rates and, in extreme cases, heart failure.

Since dialysis can only remove a fixed amount of potassium, it is crucial to control the amount accumulated through patients' dietary intake. Potassium is found mainly in fruits and vegetables, with small quantities found in nuts, dry beans and dairy and meat products. It is important to avoid foods that are high in potassium and to take in food in moderation that have low to moderate potassium content.

钾对人的神经和肌肉功能扮演重要的角色。人体的血液中需要保持一定安全的钾含量。如果血液中的钾含量过高，会导致肌肉无力、心律不正常、严重的话会衍发心脏衰竭等疾病。

由于洗肾只能排除固定量的钾，因此，控制洗肾病人通过饮食所积累的钾含量尤其重要。水果和蔬菜含大量的钾，坚果、豆干、乳制品和肉类含少量的钾。洗肾病人必须避免吃钾含量高的食物，适度地进食钾含量低至中度的食物。

Low Potassium
(less than 150mg of potassium per serving)

Fruits *(1 cup or 1 small to medium size)*
Lemon, lime, grape, lychee, longan, apple pear

Vegetables *(1 cup raw or 2 cups cooked)*
Lettuce, watercress, cabbage, kang kong, bean sprout

Moderate Potassium
(150mg to 250mg of potassium per serving)

Fruits *(2 cups or 1 small to medium size)*
Mango, peach, orange

Vegetables *(1 cup raw or 2 cups cooked)*
Eggplant, capsicum, onion, cucumber

High Potassium
(more than 250mg of potassium per serving)

Fruits *(2 cups or 1 small to medium size)*
Banana, melon, persimmon, jackfruit, durian

Vegetables *(1 cup raw or 2 cups cooked)*
Asparagus, carrot, cauliflower, broccoli, bitter gourd, tomato, potato, choy sum, corn and mushroom

低钾 *(每份钾含量少于150毫克)*

水果 (一杯或一个小至中等大小的)
柠檬、酸柑、葡萄、荔枝、龙眼、苹果梨

蔬菜 (一杯生的或两杯熟的)
生菜、西洋菜、包菜、蕹菜、豆芽

中钾 *(每份钾含量150至250毫克)*

水果 (两杯或一个小至中等大小的)
芒果、桃子、橙

蔬菜 (一杯生的或两杯熟的)
茄子、灯笼椒、洋葱、黄瓜

高钾 *(每份钾含量高于250毫克)*

水果 (两杯或一个小至中等大小的)
香蕉、西瓜、柿子、木菠萝、榴梿

蔬菜 (一杯生的或两杯熟的)
芦笋、胡萝卜、花椰菜、西兰花、苦瓜、蕃茄、马铃薯、菜心、玉米和蘑菇

Phosphate 磷

In kidney failure, the blood phosphate level rises and when it begins to build up in the blood, calcium is drawn from the bone. The calcium phosphate product forms hard deposits in patients' tissues leading to skin itchiness, joint pain and eye irritation, and hardens their blood vessels. Over time, patients' bones become weak and brittle which may lead to fracture and constant pain.

Most foods contain a small amount of phosphate and patients must REMEMBER to take their phosphate binders with meals at all times. Phosphate binders are an effective way to prevent phosphate from entering the bloodstream when taken together with meals. Generally, this tablet is prescribed to help prevent renal bone disease.

Foods rich in phosphorus that patients need to avoid when they have high serum phosphate level include:

- *All sorts of seafood and sardines, anchovies (ikan bilis), dried shrimp paste*
- *Dairy products e.g. milk, cheese, yogurt*
- *Bean products e.g. all forms of nuts, seeds, bean soup*
- *Malted drinks e.g. Milo, Horlicks*
- *Oats, cereals*
- *Chocolate*
- *Organ meats e.g. liver, intestines*
- *Bone-based soups e.g. chicken feet and pork bone*
- *Colas*

肾脏衰竭会导致人体的血磷含量升高。当磷在血液中逐渐形成时，会从骨骼中吸取钙质。一旦钙磷产物在人体组织中形成硬的沉淀物时，病人会觉得皮肤搔痒、关节疼痛、眼睛刺痛、以及血管硬化。久而久之，病人的骨骼会变得脆弱，进而可能导致骨折和持续的疼痛。

尽管大部分的食物只含很少量的磷，洗肾病人一定要谨记每餐服用磷拮抗剂。进餐时服用磷拮抗剂，会有效地防止磷进入血流，有助于预防肾脏骨骼疾病。

如果病人的血清磷含量高，应避免进食以下富含磷的食物：

- 各类海鲜、沙丁鱼（江鱼仔），干虾酱
- 乳制品，例如：牛奶、乳酪、酸奶
- 豆制品，例如：各类坚果、种子、豆汤
- 麦芽饮料，例如：美碌、好力克
- 燕麦、谷类

Sodium 钠

Sodium is naturally found in all different types of foods, but the common source is table salt and different types of bottled sauces used during cooking. Sodium is like a hydrated sponge that absorbs fluid and makes you thirsty and want to drink more.

As a result, fluid weight gain arises and thus, an increase in blood pressure can be observed. Sodium restriction is critical for patients and helps to maintain their normal fluid balance.

To help restrict salt intake:

- *Limit the salt added to your cooking*
- *AVOID using stock cubes and gravy browning e.g. Bovril, Marmite*
- *AVOID taking bottled chicken extracts*
- *Read labels on processed foods and AVOID items that have more than 250mg of sodium per serving*
- *Minimise the usage of canned food. If you choose to use them, do drain the brine.*
- *Try using fresh herbs and WHOLE spices in replacement of salt in cooking*
- *Try to use fresh lime or lemon juice or vinegar to flavour food*

各类食物中都含有钠，但是钠的摄取通常来自于食盐和各类烹饪酱汁。钠就像吸水的海绵，吸收人体的水分，使人口渴，想喝更多水。

长期来说，这将导致水肿和血压升高。因此，限制钠的摄取量可以帮助病人维持正常的水平衡。

如何限制盐的摄取量：

- 煮菜时少放盐
- 避免使用固体浓缩汤料和肉汁，例如：保卫尔牛肉汁，马麦脱酸酵母
- 避免服用鸡精
- 阅读加工食品的标签，避免每份超过250毫克盐的食品
- 尽量少吃罐装食品。如果要吃的话，一定要倒掉盐水
- 煮菜时，尽量用新鲜的草药和纯香料取代盐
- 尽量加酸柑，柠檬汁或醋让食物提味

Fluids 水分

Dialysis patients can no longer excrete large quantities of fluids consumed. Excess fluids will be retained in the body resulting in overloading of the blood circulation. Symptoms such as shortness of breath, high blood pressure and swelling of the legs can occur. Thus, it is important that fluid intake be restricted.

REMINDER: Dialysis will only remove a restricted amount of fluids and the remainder will accumulate in the body. It is important that dialysis patients follow the fluid regime designed by your nurse or doctor.

Daily allowance for fluid intake can vary from 500 to 1000ml per day, depending on the patient's urine output, if any. Limited urine output does not indicate dehydration in dialysis patients. It is an indication of further deterioration of kidney functions.

Your daily fluid allowance includes plain water, tea, coffee, milk gravy, soup and porridge. Other fluids that are liquid at room temperature such as ice-cube, ice cream and jellies are considered as fluids too.

洗肾病人不能排泄体内吸收的大量水分。 过多的水分会保留在体内，导致血液循环超负荷，病人出现呼吸急促、高血压和腿肿的症状。因此，限制水的摄取量对病人来说至关重要。

提示：洗肾只能排除有限的水分，剩余的会囤积在病人体内。因此，洗肾病人必须遵照护士或医生所指定的份量饮水。

病人每天的水分摄取因排尿量的多少而不同，从500毫升至1000毫升不等。排尿量少并不表示洗肾病人有脱水现象，然而却意味着病的肾脏功能进一步恶化。

每天的水分摄取来自于开水、茶、咖啡、牛奶、汤和粥。其中还包括冰块、冰淇淋、和果冻。

*Be cautious with the potatoes and take them
in small amounts due to the potassium content.*
马铃薯含钾的成份，请谨慎与少量的食用。

Yield: 4 portions   Serving size: ¼ of the recipe
份量: 4份   每份量: 食谱的¼

Slow-cooked Tender
Beef Stew

- Wong Siew Chin

New Creation Church –
NKF Dialysis Centre

焖牛肉煲

Ingredients

400g lean beef, cut into cubes
½ cup onion, chopped
½ cup celery, sliced
2 carrots, sliced
2 potatoes, cut into cubes
2 cloves of garlic, minced
½ tsp coriander, chopped
1 bay leaf
600ml water
Salt/pepper to season
2 tbsps olive oil

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 338kcals
Protein 蛋白质	: 15g
Carbohydrates 碳水化合物	: 15g
Fat 脂肪	: 23g
Sodium 钠	: 71mg
Potassium 钾	: 629mg
Phosphorus 磷	: 185mg

材料

嫩牛肉400克(切块)
葱头½ 杯(粗剁)
芹菜½ 杯(切片)
箩卜两个(切片)
马铃薯两个(切块)
蒜头两瓣(切碎)
芫荽2茶匙(粗剁)
桂叶1片
水600毫升
盐/胡椒粉调味
橄榄油2汤匙

Method of preparation

1. Gently brown the seasoned beef in a saute pan and set it aside.
2. Using the same pan, saute the onion, garlic and celery till brown. Using a slow cooker, combine the beef and the onion mix. Add in the water. Cook it over medium to high heat.
3. An hour later, add in the potatoes and carrots as well as the rest of the ingredients. The stew is to be served warm, once the beef is soft and tender.

做法

1. 把已经调味好的牛肉放在锅里，稍微炒至金黄色，放一旁待用。
2. 用同样的锅，把葱头、蒜头与芹菜爆香。把爆香的材料与嫩牛肉混和，加上少许水，放在慢性锅里，用中到高火煮熟。
3. 一小时后，加入马铃薯、箩卜以及其它的材料即可。趁热食用。

*Take the fish with minimal amount of
gravy to help control the potassium content.*
尽量少吃调味酱，以控制钾的含量。

Yield: 4 portions Serving size: ¼ of the recipe
份量: 4份 每份量: 食谱的¼

Fried White Pomfret
marinated with
Local Spices

- Ipah Said

Western Digital –
NKF Dialysis Centre

本土风味煎白鲳鱼

Ingredients

600–800g white pomfret, cleaned and gutted
1 tsp turmeric powder
½ tsp salt
1 medium onion, chopped
20g ginger, thinly sliced
2 cloves garlic, minced
1 tsp coriander seed
½ tbsp cumin
1 tsp chilli powder
2 small tomatoes, chopped
150ml water
¾ tsp sugar (optional)
30ml lemon juice
Salt/pepper season to taste
60ml vegetable oil

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 295kcals
Protein 蛋白质	: 31g
Carbohydrates 碳水化合物	: 8g
Fat 脂肪	: 15g
Sodium 钠	: 45mg
Potassium 钾	: 725mg
Phosphorus 磷	: 380mg

材料

白鲳鱼600-800克（清洗干净）
黄姜粉1茶匙
盐½茶匙
葱头1个（粗剁）
姜20克（切薄片）
蒜头2瓣（切碎）
芫荽种子1茶匙
小茴香½汤匙
辣椒粉1茶匙
番茄2个（粗剁）
水150毫升
糖¾茶匙（可选）
柠檬汁30毫升
盐/胡椒粉调味
菜油60毫升

Method of preparation

1. Marinate the fish with salt and turmeric powder for 1 hour. In a heated skillet, add in a bit of oil and saute the onion, ginger, garlic, coriander seed, cumin, chilli powder and tomato.
2. Once onion is softened and the flavour is released from the spices, deglaze the pan with water and lemon juice. Add in the sugar and season the sauce to taste.
3. Pan-fry the fish with oil until it is brown and thoroughly cooked. Serve the fish warm, laying the sauce on top.

做法

1. 用盐和黄姜粉将鱼腌制约一小时。在高温煎锅里加入一点油，将葱头、姜、蒜头、胡荽、小茴香、辣椒粉与番茄炒匀。
2. 一旦葱头变软香味散发时，加入水与柠檬汁，然后放少许糖调味。
3. 把鱼煎至金黄色，再把调味酱淋上即可上桌。

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When you need something simple that combines both carbohydrates (for energy) and protein, having pasta is the way to go. If you know that your potassium levels are elevated, do cut down on the eggplants by half as listed on this recipe and avoid high-potassium fruits.

如果您需要富含碳水化合物与蛋白质的菜肴，意大利通心粉是最佳选择。如果您知道您的钾含量高，请少用茄子，也避免吃高钾的水果。

- Noorhayati Abd Rahman

National Trade Union
Congress/Singapore Pools –
NKF Dialysis Centre

Rigatoni Pasta
with Chicken & Eggplant

茄子鸡肉通心粉

Ingredients

2 pieces chicken breast, skinned
400g eggplant, sliced ¾" thick
2 cloves garlic, minced
2 cups rigatoni or penne pasta, blanched chewy to bite
10 basil leaves, chiffonage
A few sprigs Italian parsley, chopped
2-3 tbsps olive oil
½ cup cold water
Salt/pepper season to taste

Method of preparation

1. Season the eggplant and chicken breasts to taste, separately. Sear both sides of the chicken breasts in a heated skillet and allow them to cool. Slice them thinly.

2. In a separate pan, saute the garlic and eggplant with olive oil for 1 minute. Deglaze the pan with water and cook the eggplant till tender soft. Add in the chicken and herbs. Toss it a few times and add in the pasta.

3. Cook it for another 4-5 minutes. Season to taste as needed. Serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 453kcals
Protein 蛋白质	: 31g
Carbohydrates 碳水化合物	: 50g
Fat 脂肪	: 14g
Sodium 钠	: 87mg
Potassium 钾	: 838mg
Phosphorus 磷	: 545mg

材料

鸡胸肉2片（去皮）
茄子400克（切片）
蒜头2瓣（切碎）
通心粉2杯（容易咀嚼）
罗勒叶10片（松软）
意大利芹菜几条(粗剁)
橄榄油2-3汤匙
冷水½杯
盐/胡椒粉调味

做法

1. 分别将茄子与鸡肉调味。用平底锅将鸡胸肉双面煎熟，然后放一旁待冷却切成薄片。

2. 用另外一个锅，把蒜头、茄子与橄榄油炒约一分钟。加少许水直至茄子煮到软为止。加进鸡与香料，翻几回然后加进通心粉。

3. 再煮4至5分钟。如果必要请调味。趁热享用。

Take the pork with minimal amount of sauce due to its high mineral content. Since this dish is deep-fried, have it once a week or less. If you don't have a blender at home, put the crackers in an air-tight bag. Lightly pound the crackers with a mallet till they break into fine pieces.

由于咕噜肉的酱汁含高矿物质，所以应该少吃。鉴于这道菜是油炸食物，也最好尽量一星期吃一次或更少。如果你家中没有搅拌机，可以把薄脆饼干放进密封袋里，轻微的用木槌拍打直到幼细为止。

- Chia Choon Yew

Singapore Buddhist Welfare
Services – NKF Dialysis Centre

Sweet & Sour Pork

咕噜肉

Ingredients

300-400g pork, shoulder cut, extra lean, cut into cubes
20ml sesame oil
20ml oyster sauce
Salt/pepper season to taste
1 whole egg, beaten

For frying
1 cup flour, all purpose
1 whole + 1 without yolk egg, beaten
1 cup digestive crackers, blended

For sauce
¼ cup tomato ketchup
¼ cup chilli sauce
1 tbsp plum sauce
½ cup frozen vegetables (carrots, corns and peas)

Method of preparation

1. Marinate the pork with the listed ingredients for 3-4 hours. To deep-fry the pork, heat oil to 180 °C.
2. Coat the marinated pork with flour, eggs and crackers. Gently put the pork into the oil and fry till golden brown.
3. To make the sauce, heat up the ketchup, chilli and plum sauce and mix evenly together in a saucepan. Add in the vegetables and allow it to cook for 1-2 minutes. Serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 451kcals
Protein 蛋白质	: 28g
Carbohydrates 碳水化合物	: 48g
Fat 脂肪	: 16g
Sodium 钠	: 980mg
Potassium钾	: 680mg
Phosphorus 磷	: 332mg

材料

瘦猪肉300 – 400克（切块）
麻油20毫升
蚝油20毫升
盐/胡椒粉调味
鸡蛋1粒（打散）

油炸材料
面粉1杯
鸡蛋2粒，1粒去除蛋黄（打散）
薄脆饼干1杯（搅碎）

酱料
番茄酱¼杯
辣椒酱¼杯
梅子酱1汤匙
冷冻蔬菜½ 杯（箩卜、玉米与青豆）

做法

1. 把猪肉和其它的原料腌制在一起约3至4小时待用。
2. 将腌过的猪肉粘上面粉、鸡蛋与薄脆饼干，再用180度高温油炸猪肉至金黄色。
3. 把番茄、辣椒与梅子酱混匀炒热做成酱料。放入蔬菜煮1至2分钟即可。

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If you don't mind the tedious cooking method, this is a healthy dish and suitable for haemodialysis patients.

如果你不介意琐碎的煮法，这道菜肴非常适合洗肾病人。

Steamed Fish Dumpling wrapped with Napa Cabbage

- *Sim Kim Tee*

Kwan Im Thong
Hood Cho Temple –
NKF Dialysis Centre

包菜卷鱼饺

Ingredients

400g fish fillet, firm white fish
¾ cup water chestnut, chopped
12-14 pieces Napa cabbage leaves, cut into 6" x 4"
Salt/pepper season to taste

Garnish

20g red capsicum, blanched
20g yellow capsicum, blanched
10g oyster mushroom, blanched

Method of preparation

1. Blanch the cabbage leaves in boiling water for 30-40 seconds and shock them in ice water. Drain and set aside.
2. Use a fork to gently mince the fish into a paste and season to taste. Add in the water chestnut.
3. Put about 2 tbsps of the fish paste onto the cabbage leaf and roll it. Steam the dumplings for about 8-12 minutes.
4. Garnish with the capsicums and mushroom. Serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 161kcals
Protein 蛋白质	: 21g
Carbohydrates 碳水化合物	: 16g
Fat 脂肪	: 1g
Sodium 钠	: 90mg
Potassium 钾	: 522mg
Phosphorus 磷	: 257mg

材料

鱼片400克（结实白鱼）
马蹄¾杯（粗剁）
包菜12–14片（切成6"x4"）
盐/胡椒粉调味

装饰用

红灯笼椒20克（用沸水烫）
黄灯笼椒20克（用沸水烫）
蚝磨菇10克（用沸水烫）

做法

1. 用沸水把包菜烫约30至40秒，再浸冰水。滴干后放一旁待用。
2. 把鱼揉碎成糊状然后调味并加上马蹄。
3. 把约2汤匙的鱼碎肉放在包菜卷起来。过后再蒸8至12分钟。
4. 饰于磨菇和胡椒粉，趁热吃即可。

*Try not to have the skin of the chicken to help reduce the fat intake
and always remember to take your phosphate binders.*

为了减少脂肪的摄取量，应该尽量避免吃鸡皮。餐后务必要记得吃您的磷拮抗剂。

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Yield: 4 portions
份量: 4份

Serving size: ¼ of the recipe
每份量: 食谱的¼

- *Desi Laila*

Tampines Chinese Temple –
NKF Dialysis Centre

Roasted Whole Chicken Balinese Style

巴里式烤鸡

Ingredients

1kg whole chicken, skinned and cleaned
4 whole red chilli, fresh
4 whole chilli padi, fresh
¾ cup shallot, roughly cut
¾ medium-sized onion, roughly cut
2 cloves garlic
1 whole piece lemongrass
10g ginger, fresh
10g turmeric, fresh
1 kaffir lime leaf
½ tsp soya sauce, light
Salt season to taste
2 tbsps olive oil

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 303kcals
Protein 蛋白质	: 38g
Carbohydrates 碳水化合物	: 3g
Fat 脂肪	: 15g
Sodium 钠	: 153mg
Potassium 钾	: 508mg
Phosphorus 磷	: 380mg

材料

鸡整只,1公斤(去皮与清洗)
红辣椒4个(新鲜)
小辣椒4个(新鲜)
青葱¾杯(剁)
葱头¾个(剁)
蒜头2瓣
香茅1个
姜10克(新鲜)
黄姜10克(新鲜)
泰国酸柑叶1片
酱清½茶匙
盐调味
橄榄油2汤匙

Method of preparation

1. Ensure the whole chicken is thoroughly cleaned and feet removed. You may try to tuck in the wings backwards to keep the chicken in its shape during roasting.
2. Blend all the ingredients used for marination. Rub ½ of the mix onto the chicken and allow it to marinate for 2 hours.
3. Pan-fry the other half of the mix till the flavours are released. Allow it to cool and rub it on the chicken. Allow it to marinate for another 5 minutes.
4. Put the whole chicken in a preheated oven and roast it at 200 $^{\circ}$C for 35-40 minutes or till the chicken is done. Serve warm.

做法

1. 确保整只鸡清洗干净并去除鸡脚，然后将鸡翅膀往后放以方便烧烤。
2. 混匀所有的调味料，把其中的一半涂在整只鸡上，然后让它腌泡半小时。
3. 爆香另一半调味料，放一旁冷缺，然后把它涂在整只鸡上腌泡约5分钟。
4. 把整只鸡放进200摄度的烤炉里35至40分钟，直到鸡烤熟为止。

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Steaming is a recommended cooking method as it is healthy for us.
Take note that the tomatoes are high in potassium.
清蒸的煮法是健康的。必须注意蕃茄的钾含量高。

Yield: 4 portions   Serving size: ¼ of the recipe
份量: 4份   每份量: 食谱的¼

Steamed Silver Pomfret
Teochew Style

- *Ng Lee Kua*

Tampines Chinese Temple –
NKF Dialysis Centre

潮洲式蒸白鲳

Ingredients

450–600g pomfret, cleaned and gutted
1 small-sized tomato, wedged
10g ginger, thinly sliced
½ small-sized red chilli, thinly sliced
A few sprigs of coriander leaves
¼ cup scallion, chopped
¼ cup carrot, shredded
1½ tbsps soya sauce, light
Salt/pepper season to taste

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 125kcals
Protein 蛋白质	: 24g
Carbohydrates 碳水化合物	: 2g
Fat 脂肪	: 2g
Sodium 钠	: 307mg
Potassium 钾	: 536mg
Phosphorus 磷	: 245mg

材料

白鲳450-600克（清洗干净）
蕃茄1个（切块）
姜10克（切薄片）
红辣椒½个（切薄片）
胡妥叶几条
青葱¼杯（粗剁）
笋卜¼杯（切丝）
酱清1½茶匙
盐/胡椒粉调味

Method of preparation

1. Rub the whole fish with some salt and then pepper. Allow it to marinate in the refrigerator for 2 hours prior to steaming.
2. Steam the fish with the rest of the ingredients for about 12-14 minutes, depending on the size. Fish is to be served while it is warm.

做法

1. 用盐和胡椒粉擦在整条鱼上，再把鱼放进冰箱里腌制约半小时。
2. 把鱼和其他用料放在一起，蒸约12至14分钟。趁热享用。

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Although seafoods are high in phosphate, the method of blanching it first and then discarding the hot water, which is also known as leaching, can help to remove some of the minerals. As the recommended amount of phosphate intake is 800 – 1000mg per day, please remember to take your phosphate binders together with your meals.

虽然海鲜含高量的磷酸盐，但是用滚水把海鲜烫过，会让一些矿物质流失。
磷酸盐一天的摄取量介于800 -1000毫克之间。千万要记得吃你的磷拮抗剂。

Surf and Turf
Asian Delight

- *Ho Yoke Ying*

Thong Teck Sian Tong Lian
Sin Sia – NKF Dialysis Centre

亚洲式海鲜捞

Ingredients

200g pork, lean meat and skin removed, cut into ¼" slice
200g cuttlefish, cut into ¼" slice
1 small broccoli, flowerette
1 small cauliflower, flowerette
20g capsicum, yellow or red, cut into squares
½ cup onion, diced
1 clove garlic, minced
200ml water
½ tsp sugar
1 tbsp soya sauce, light
2 tbsps cornflour
Salt/pepper season to taste

Method of preparation

1. Blanch the pork, cuttlefish, broccoli and cauliflower in hot water for 30 seconds and shock it in ice water for 10 seconds. Drain it and set aside.
2. Marinate the pork with the soya sauce and cornflour for ½ hour.
3. Saute the onion, garlic and capsicum in a heated wok. When the vegetables are about to cook thoroughly, add in the remaining ingredients.
4. Deglaze the wok with water that has added sugar. Season the dish to taste and serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 243kcals
Protein 蛋白质	: 19g
Carbohydrates 碳水化合物	: 3g
Fat 脂肪	: 17g
Sodium 钠	: 327mg
Potassium 钾	: 440mg
Phosphorus 磷	: 406mg

材料

瘦猪肉200克，去皮（切片）
鱿鱼200克（切片）
花椰菜1个
西兰花1个
红或黄的灯笼椒20克（切块）
洋葱½杯（切块）
蒜头1瓣（切碎）
水200毫升
糖½茶匙
酱清1汤匙
玉米粉2汤匙
盐/胡椒粉调味

做法

1. 用热水把鱿鱼、花椰菜和西兰花烫30秒，然后过冷水约10秒。沥干水份置放一旁待用。
2. 用玉米粉与酱清腌瘦猪肉约半小时。
3. 把洋葱、蒜头与灯笼椒放在热锅一起炒，当蔬菜快要熟时，加入其它的材料。
4. 把混合好的糖和水加到锅内，调味即趁热享用。

An excellent dish that incorporates protein for dietary intake. Take a small amount of the sauce only. Ensure you use the correct type of rice paper and it is not popiah skin.

一道非常棒的菜肴，富含高蛋白。尽量少吃酱汁。确保您所使用的是米薄皮而不是普通的薄饼皮。

Yield: 6 portions   Serving size: 2 rice rolls per serving
份量: 6份   每份量: 2个沙拉卷

Fresh Vietnamese
Salad Rolls

- Asnah Abdul Aziz

Sheng Hong Temple –
NKF Dialysis Centre

越南式沙拉卷

Ingredients

500g chicken breast
1 tbsp soya sauce, light
1 tbsp ground pepper, white
500ml water
1 small lettuce leaves, separated and washed
100g rice vermicelli, blanched and rinsed with cold water
1 small cucumber, sliced
1 small carrot, shredded
1 handful of coriander leaves, chiffonage
12 rice papers, 20cm in diameter
3 red chillies, fresh, sliced
2 cloves garlic, minced
1 cup brown sugar
60ml water
2 tbsps sesame seeds, lightly browned
Salt/pepper season to taste

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 242kcals
Protein 蛋白质	: 22g
Carbohydrates 碳水化合物	: 31g
Fat 脂肪	: 3g
Sodium 钠	: 221mg
Potassium 钾	: 311mg
Phosphorus 磷	: 249mg

Method of preparation

1. Put the water to boil and add in the soya sauce, pepper and chicken meat. Cook the chicken for 12-14 minutes and allow most of the liquid to evaporate. Allow the chicken to cool when it is done and slice it thinly.

2. To make a spring roll, ensure the soften rice paper is thoroughly dry. Place a lettuce leaf onto the wrapper, closer to one edge and fill it with the vermicelli, cucumber and carrot.

3. Fold in the sides and roll it up halfway, put some chicken slice and a little shredded coriander. Continue to roll it tightly till bundle is formed. Repeat the process with the rest of the ingredients.

4. For the sauce, melt the brown sugar and water in a heated saucepan. Add the chilli and garlic. Simmer for 10 minutes and allow it to cool. Blend the sauce and top it with sesame seeds. Serve the spring rolls with the dipping sauce.

材料

鸡胸肉500克
酱清1汤匙
胡椒粉1汤匙
水500毫升
生菜叶1个（分开，清净）
粉丝100克（热水烫过然后用冷水冲洗）
黄瓜1个（切片）
萝卜1个（切丝）
胡妥叶一把（松软）
米薄皮12片（20公分直径）
红辣椒3个，新鲜（切片）
蒜头2瓣（切碎）
褐糖1杯
水60毫升
芝麻2汤匙（稍微金黄色）
盐/胡椒粉调味

做法

1. 把水烧滚，再加入酱清、胡椒粉与鸡胸肉。让鸡肉煮约12至14分钟，直到所有的水几乎蒸发掉为止。让鸡肉冷却然后切成薄片。

2. 要做春卷时必须确保柔软的米薄皮是干的。把生菜叶放在米薄皮上，再填上粉丝、黄瓜与萝卜。

3. 把米薄皮两角翻折后再卷到一半时，放进鸡丝片和胡妥叶然后卷紧它。 重复过程把所有的用料卷完。

4. 酱汁：用平底锅把黄糖与水融化。加进红辣椒与蒜头，以慢火煮10分钟，然后让它冷却。把芝麻放在酱汁上，与沙拉卷一起吃即可。

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This recipe was selected and cooked by one of our patients as he has creatively incorporated different types of protein into the dish. Since it is high in minerals contributed by the chicken, fish cake and yellow noodles, have it once every 2 weeks or less.

这个食谱是我们其中一个肾友的创意成品。他灵巧的加入各种高蛋白的材料，非常适合洗肾病人。然而，由于鸡胸肉、鱼饼和福建面含高矿物质，应该限制每2个星期一次或更少。

Yield: 4 portions   Serving size: ¼ of the recipe
份量: 4份   每份量: 食谱的¼

- *Philip Lee Tee Hian*

National Trade Union
Congress/Singapore Pools –
NKF Dialysis Centre

Original
Hokkien Noodles

传统福建面

Ingredients

500g yellow flat noodles
2 pieces chicken breast, skinned and sliced
White fish fillets, sliced
50g fish cake, sliced
1 egg, omelette style, sliced
50g lean pork (optional)
1 tsp garlic, minced
1 cup bean sprouts
¼ cup spring onion, chopped
½ cup Chinese cabbage, chopped
1 tbsp vegetable oil
15ml dark soya sauce
1 tbsp corn flour mixed with 200ml cold water
1 tsp sesame oil
Salt/pepper season to taste

Method of preparation

1. In a heated wok, saute the chicken, fish fillet and pork with garlic for 3-4 minutes. Add in the vegetables and cook it for another 1-2 minutes over medium-high heat, and put in the fish cake and omelette.
2. Add in the dark soya sauce and noodles. Stir evenly. Thicken with corn flour mixture as needed. Season the noodles with salt, pepper and sesame oil. Serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 721kcals
Protein 蛋白质	: 38g
Carbohydrates 碳水化合物	: 93g
Fat 脂肪	: 21g
Sodium钠	: 348mg
Potassium钾	: 810mg
Phosphorus 磷	: 643mg

材料

福建面500克
鸡胸肉2片（去皮，切片）
鲜鱼片几片
鱼饼50克（切片）
鸡蛋1粒，煎成蛋饼（切片）
瘦猪肉50克（可选）
蒜头1茶匙（切碎）
豆芽1杯
洋葱¼杯（粗剁）
包菜½杯（粗剁）
菜油1汤匙
黑酱油15毫升
玉米粉1汤匙，和200毫升冷水混合
芝麻油1茶匙
盐/胡椒粉调味

做法

1. 在热锅内快炒鸡胸肉、白鱼片、瘦猪肉与蒜头3至4分钟。加进蔬菜，用中火炒1至2分钟，再放鱼饼与煎蛋饼。
2. 加黑酱油与福建面，将它炒均匀。如果需要，加少许太白粉浓固它。用盐、胡椒粉与芝麻油调味。趁热享用。

Udon noodles have a rather high amount of minerals. Blanching and leaching them in water can certainly help to reduce both the potassium and phosphorus contents.

乌冬面富含相当高的矿物质。用滚水将乌冬面烫过有助于减少钾与磷的含量。

Yield: 2 portions   Serving size: ½ of the recipe
份量: 2份   每份量: 食谱的½

Stir-fried Udon
Chinese Style

- *Chong Oi Foon*

Toa Payoh Seu Teck Sean
Tong – NKF Dialysis Centre

中式炒"乌冬面"

Ingredients

2 packets udon noodles
1 cup Chinese cabbage, shredded
½ cup carrot, sliced
1 tbsp red chilli, sliced
2 cloves garlic, minced
2 small-sized chicken breasts, skinned and sliced
1 tbsp vegetable oil
1 tbsp soya sauce, light
¼ tsp sugar (optional)
1 tsp sesame oil
1 tsp cornstarch
Salt/pepper season to taste

材料

乌冬面2包
包菜1杯（切丝）
萝卜½ 杯（切片）
红辣椒1汤匙（切片）
蒜头2瓣（切碎）
鸡胸肉2片（去皮与切片）
菜油1汤匙
酱清1汤匙
糖¼茶匙（可选）
芝麻油1茶匙
太白粉1茶匙
盐/胡椒粉调味

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 698kcals
Protein 蛋白质	: 34g
Carbohydrates 碳水化合物	: 118g
Fat 脂肪	: 9g
Sodium 钠	: 934mg
Potassium 钾	: 839mg
Phosphorus 磷	: 518mg

Method of preparation

1. Marinate the chicken with 2 tsps of soya sauce, pepper, sugar and cornstarch for ½ hour. Blanch the udon noodles in hot water for about a minute and shock them in cold water. Drain prior to cooking.
2. In a heated pan, cook the seasoned chicken breasts with oil. Add in the garlic, carrot and then chilli and cabbage. When it is almost done, add in the udon noodles, the rest of the soya sauce and some water as needed. Stir evenly and fry it for another 2-3 minutes till the noodles are soft.
3. Season to taste with salt, pepper and sesame oil. Serve warm.

做法

1. 用2茶匙的酱清、胡椒粉、糖与太白粉将鸡胸肉腌泡半小时。用热水将乌冬面烫一分钟然后放进冰冷的水。沥干水份待用。
2. 将腌过的鸡胸肉和油一起炒，过后加入蒜头、萝卜丝、红辣椒和包菜。快要熟时，把乌冬面以及其它的酱清和水放入一起炒，直到面变软为止。
3. 用盐、胡椒粉与芝麻油调味。趁热享用。

Haemodialysis patients can have soup noodles provided that they take only a few teaspoons of the soup itself. Take the meat, noodles and vegetables for adequate nutrients.

洗肾病人只能喝几茶匙的汤。应该享用鸡肉、面与蔬菜，以确保营养摄取足够。

Yield: 4 portions   Serving size: ¼ of the recipe
份量: 4份   每份量: 食谱的¼

- Thomas Teh

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Tanghoon with South-East Asian Chicken Soup

Ingredients

500-600g whole chicken
20g black-ear fungus
20g white-jelly fungus
250g tanghoon, blanched
5g lily flower
1 tbsp fish sauce
1 tsp Chinese parsley, chopped
Chilli powder season to taste (optional)
Salt/pepper season to taste
1-2 small lime, wedged
1 tsp vegetable oil

2 cloves garlic, pounded
50g onion, chopped
5g ginger, sliced

Method of preparation

1. Rehydrate both the fungus and lily flower by soaking in cold water for 24 hours.
2. Blanch the whole chicken in boiling water for 1 hour and discard the water.
3. In a separate heated stockpot, add in the oil and fry the garlic, onion and ginger. Fill the stockpot with 1 litre of water and place the chicken inside the pot. Bring it to a boil and cook the chicken over low-medium heat till meat is tender.
4. Once the chicken is cooked, take it out from the pot and separate the meat from the carcass (or bones) and add the meat back to the soup.
5. Add both black-ear and white-jelly fungus and lily flower into the soup. Season with salt, pepper, chilli powder and fish sauce.
6. Serve the blanched tanghoon and celery with the heated soup. Squeeze the lime wedge for its juice over the noodles for added taste.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 273kcals
Protein 蛋白质	: 15g
Carbohydrates 碳水化合物	: 40g
Fat 脂肪	: 4g
Sodium钠	: 460mg
Potassium钾	: 598mg
Phosphorus 磷	: 392mg

东南亚冬粉鸡汤

材料

鸡整只500-600克
蒜头2瓣（拍打）
葱头50克（粗剁）
姜5克（切片）
黑木耳20克
白木耳20克
冬粉250克（用滚水烫过）
金针菜5克
鱼酱1汤匙
莞茜1茶匙（粗剁）
辣椒粉调味(可选)
盐/胡椒粉调味
酸柑1-2小片
菜油1茶匙

做法

1. 把黑木耳和白木耳泡在冷水中24小时。
2. 用滚水烫整只鸡约1小时，然后沥干水份。
3. 把蒜头、葱头与姜爆香，再把整只鸡放入锅内，装满1公升的水。用大火到中火把整只鸡煮到软为止。
4. 一旦鸡煮熟了，把它从锅里拿出来，然后将所有的骨取出再把鸡肉放进汤里。
5. 把黑木耳、白木耳与金针菜加入汤内。用盐、胡椒粉、辣椒粉与鱼酱调味。
6. 把烫过的冬粉与芹菜放进汤里。将挤过的酸柑汁放在面上加味食用即可。

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Haemodialysis patients, especially those who want to try something new, will find this a flavourful and easy-to-prepare dish. You can choose to bake the fish using an oven or toaster if stovetop or electric grilling is not an option in the house.

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这道容易煮又富含风味的菜肴，适合洗肾病人，特别是那些勇于尝试新口味的人。如果家里没有电烤炉，您可以选择用烤炉或烤面包机煮。

Yield: 3 portions　　Serving size: ⅓ of the recipe
份量: 3份　　每份量: 食谱的⅓

Grilled Mexican Snapper Fillet

墨西哥烤石斑鱼排

Ingredients

100g snapper fillets, 3 pieces
¼ cup Chinese parsley, fresh
¼ cup white onion, chopped
1 tbsp green chilli, seeds removed, chopped
1 clove garlic
½ tbsp sugar
¼ cup lime juice
½ tbsp canola oil
Salt/pepper season to taste

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 159kcals
Protein 蛋白质	: 22g
Carbohydrates 碳水化合物	: 2g
Fat 脂肪	: 7g
Sodium 钠	: 187mg
Potassium 钾	: 340mg
Phosphorus 磷	: 290mg

材料

石斑鱼排100克，3条
莞茜¼杯（新鲜）
葱头¼杯（粗剁）
青辣椒1汤匙（去籽）
蒜头1瓣
糖½汤匙
酸柑汁¼杯
菜籽油½汤匙
盐/胡椒粉调味

Method of preparation

1. Combine salt, Chinese parsley, onion, sugar, chilli, lime juice, oil and garlic in a blender or food processor and process until smooth.
2. Pour mixture over fish, turning it to coat on both sides. Marinate and keep in the refrigerator for at least 45 minutes.
3. Pan-fry the fish for about 5–7 minutes on each side or until fish flakes easily with a fork. Garnish with lime wedges and serve.

做法

1. 将盐、莞茜、蒜头，糖、辣椒、酸柑汁、油与蒜头放进搅拌机里搅拌直到顺滑为止。
2. 用以上材料涂整条鱼，包括鱼内部。放进冰箱腌泡至少45分钟。
3. 把鱼煎约5至7分钟，直到熟为止。用柠檬片点缀及享用。

Deep-frying the pork chops is another option for those who do not have an oven at home. However, it is not recommended due to its high fat content. If you choose to do so, have it once a week or less.

如果家中没有烤炉，油炸是另一个选择，不过这并不是好建议，因为脂肪量较高。一个星期食用一次或更少。

Baked Pork Chops

Ingredients

80-100g pork chop, 4 pieces
½ cup cornflakes
Egg beaten with ¼ cup water
¼ cup flour
A dash of paprika
Salt/pepper season to taste

Method of preparation

1. Combine flour, salt and pepper in a flat shallow pan or plate. Beat egg and water mixture in a shallow bowl. Blend the cornflakes in a food processor and place it in a separate shallow plate.
2. Dredge pork chops in flour to coat. Dip each chop in egg mixture followed by cornflake crumbs.
3. Using a baking sheet, place the pork chops on the top.
4. Dust it with paprika and refrigerate for at least 1 hour. Preheat oven to 175 $^{\circ}$C and bake pork chops for 40 minutes or until done. Serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 234kcals
Protein 蛋白质	: 24g
Carbohydrates 碳水化合物	: 19g
Fat 脂肪	: 15g
Sodium 钠	: 249mg
Potassium 钾	: 375mg
Phosphorus 磷	: 204mg

烘猪扒

材料

猪扒80-100克，4片
脆玉米片½杯
鸡蛋加¼杯的水搅拌
面粉¼杯
辣椒粉少许
盐/胡椒粉调味

做法

1. 混匀面粉、盐和胡椒粉。用另一个碗把水和鸡蛋混合起来。把脆玉米片放进搅拌机里弄碎，然后放在另一个碗里。
2. 先用猪扒粘上面粉，蛋混合物以及搅碎的脆玉米片。
3. 把猪扒放在烘烤纸上面，撒一些辣椒粉在上面，放进冰箱至少1小时。
4. 预先加热烤炉175摄氏度，然后烘猪扒40分钟或熟为止。趁热享用。

This is a good source of protein within the recommended amount of mineral content. A perfect recipe for a BBQ party!

Herbs such as parsley, rosemary and thyme are recommended for cooking by dietitians to replace the amount of salt as much as possible.

羊肉串含有丰富蛋白质，绝对适合烧烤派对。天然调味料如莞茜、迷迭香与百里香，是取代盐的最好方法。

Lamb and
Summer Vegetable Skewers

蔬菜羊肉串

Ingredients

800g lamb leg, skinned, deboned and cut into 1" cube
1 medium green capsicum, cut into ¾" square
1 medium red capsicum, cut into ¾" square
1 medium yellow capsicum, cut into ¾" square
1 medium onion, cut into ¾"
50ml lemon juice
2 tbsps canola oil
1 sprig thyme, chopped
Salt/pepper season to taste

材料

羊腿肉800克（去皮、去骨、切成立方形）
红灯笼椒1个（切成方形）
绿灯笼椒1个（切成方形）
黄灯笼椒1个（切成方形）
葱头（切成¾"）
柠檬汁50毫升
菜籽油2汤匙
百里香1枝（粗剁）
盐/胡椒粉调味

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 297kcals
Protein 蛋白质	: 28g
Carbohydrates 碳水化合物	: 11g
Fat 脂肪	: 15g
Sodium 钠	: 280mg
Potassium 钾	: 402mg
Phosphorus 磷	: 182mg

Method of preparation

1. Place all the ingredients in an air-tight bag and marinate for 45-60 minutes.
2. Thread vegetables and lamb cubes onto skewers. Grill over medium heat, turning the skewers 2 or 3 times to cook evenly. Serve warm.

做法

1. 把所有的材料放进密封袋腌泡45分钟至1小时。
2. 把蔬菜与羊肉块串起来。不停的转动2到3次，以便羊肉串可以烤到均匀。

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For those who are looking for new flavours, do try this out.
Remember, go light on the orange glaze!

这道菜肴适合寻找新滋味的人。记得！请用少量的橘子酱。

Pork Chops with
Orange Glaze

橘子猪扒

Ingredients

80-100g pork chop, 2 pieces
¾ tbsp orange jam
¾ tsp mustard
½ cup scallions, chopped

Method of preparation

1. Mix marmalade and mustard in a small bowl. Stir-fry the scallions until tender crisp in a heated pan and add in the marmalade mixture. Heat it for another 30 seconds and set aside.
2. Using a separate pan, sear the pork chops for about 4-6 minutes per side or until cooked.
3. Brush the orange glaze over the pork chops and serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 256kcals
Protein 蛋白质	: 22g
Carbohydrates 碳水化合物	: 19g
Fat 脂肪	: 10g
Sodium 钠	: 92mg
Potassium 钾	: 322mg
Phosphorus 磷	: 179mg

材料

猪排80-100克，2片
橘子果酱¾汤匙
芥末¾茶匙
葱½杯（粗剁）

做法

1. 在小碗里混合橘子酱与芥末。用热的平底锅把葱炒脆，然后放进混合的橘子酱煮30秒后待用。
2. 用别的平底锅，把猪排炒约4至6分钟，直到熟为止。
3. 把猪排涂上橘子酱。

Healthy and appropriate for haemodialysis patients, this recipe also encourages us to use olive oil, which provides a type of healthy unsaturated fat. Steaming is definitely an advocated type of cooking method. Pimentos are marinated peppers that come in a jar.

这道菜不仅健康而且适合洗肾病人食用；这道菜也鼓励我们采用橄榄油，因为它富含不饱和脂肪。绝对推荐清蒸的煮法。甘椒是来直广口瓶的腌胡椒粉。

Foil Steamed Pimento Toman Fillet

蒸多鳗鱼片

Ingredients

100g toman fillet, 3 pieces
1 small lime, thinly sliced
30g pimento, salt free
1 tbsp olive oil
Salt/pepper season to taste

Method of preparation

1. Place 1 large sheet of aluminium foil on the counter and spread the lime slices on top.
2. Set the fish on top of the lime and season with salt and pepper.
3. Spoon the diced pimentos over each fillet and drizzle the fish with olive oil.
4. Fold the foil edges together to seal the fish inside. Steam the fish for 10-12 minutes or till it is cooked.
5. Remove fish from aluminium foil and serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 128kcals
Protein 蛋白质	: 18g
Carbohydrates 碳水化合物	: 5g
Fat 脂肪	: 4g
Sodium 钠	: 227mg
Potassium 钾	: 438mg
Phosphorus 磷	: 181mg

材料

多鳗鱼100克，3片
酸柑1个，切薄片
甘椒粉30克，不含盐
橄榄油1汤匙
盐/胡椒粉调味

做法

1. 放置一张大的铝箔纸在柜台上，然后在表面放入酸柑片。
2. 把鱼放在酸柑片的上端，然后用盐和胡椒粉调味。
3. 撒一点甘椒粉在鱼的上端，然后涂上一点的橄榄油。
4. 把铝箔纸的边缘折起把鱼封闭起来。把鱼蒸10至12分钟或熟为止。
5. 把鱼从铝箔纸取出，趁热享用。

Will expect a well-combined flavourful dish that is suitable for both haemodialysis patients and their families.

一道非常适合洗肾病人以及家人享用的菜肴。

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Yield: 2 portions　　Serving size: ½ of the recipe
份量: 2份　　　　每份量: 食谱的½

Lemon Chicken
with Vegetables

蔬菜柠檬鸡

Ingredients

¼ cup green capsicum, seeds removed and thinly sliced
¼ cup red capsicum, seeds removed and thinly sliced
¼ cup yellow capsicum, seeds removed and thinly sliced
200g chicken breast, cut into half
1 tbsp lemon juice
½ tbsp olive oil
¼ tsp rosemary
Salt/pepper season to taste

Method of preparation

1. Place all the capsicums in a baking dish. Arrange the chicken breast halves over the vegetables.
2. Season the chicken with salt/pepper and sprinkle it with rosemary. Drizzle lemon juice and olive oil evenly over the chicken.
3. Cover the dish with plastic wrap and refrigerate for 1 hour. In a preheated oven, bake the chicken for 15-20 minutes or until it is done. Flip the chicken once during the cooking process. Serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 201kcals
Protein 蛋白质	: 27g
Carbohydrates 碳水化合物	: 7g
Fat 脂肪	: 7g
Sodium 钠	: 81mg
Potassium 钾	: 408mg
Phosphorus 磷	: 211mg

材料

绿灯笼椒¼杯（去籽，切薄片）
红灯笼椒¼杯（去籽，切薄片）
黄灯笼椒¼杯（去籽，切薄片）
鸡胸肉200克（切成一半）
柠檬汁1汤匙
橄榄油½汤匙
迷迭香¼茶匙
盐/胡椒粉调味

做法

1. 将所有的灯笼椒放在烤盆上。把切好一半的鸡胸肉排列在灯笼椒上。
2. 用盐和胡椒粉把鸡调味，然后撒上一点迷迭香。把鸡肉涂上均匀的柠檬汁与橄榄油。
3. 用一层塑料包裹鸡肉，然后放进冰箱1小时。先加热烤炉，将鸡肉烘15至20分钟或熟为止。在烘的过程中把鸡肉翻一次。趁热享用。

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Brush the honey mixture lightly onto the salmon fillets especially for diabetics who need proper blood sugar control.

稍微在鲑鱼片涂上一点蜂蜜增添风味，糖尿病病人必须留意他们的血糖量。

Yield: 3 portions   Serving size: ⅓ of the recipe
份量: 3份   每份量: 食谱的⅓

Honey Spice
rubbed Salmon

蜂蜜鲑鱼香

Ingredients

80-100g salmon fillet, 3 pieces
1 tbsp honey
¼ tsp garlic powder
2 tbsps olive oil
1 tsp hot water
½ tsp lemon peel, grated
Salt/pepper season to taste

Method of preparation

1. Place honey, lemon peel, garlic powder and hot water in a small bowl and whisk until well blended. Brush the mixture to coat the salmon fillets on both sides and marinate for 45 minutes in the refrigerator.
2. Season the fillets with salt/pepper. Heat olive oil in a skillet over medium heat.
3. Carefully place the salmon fillets into the skillet and cook for about 4 minutes. Carefully turn the fillets once using a spatula. Reduce heat to medium-low if necessary; cook the fish till it flakes easily using a fork.
4. Garnish the salmon fillets with a sprig of fresh dill and serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 328kcals
Protein 蛋白质	: 23g
Carbohydrates 碳水化合物	: 15g
Fat 脂肪	: 19g
Sodium 钠	: 66mg
Potassium 钾	: 454mg
Phosphorus 磷	: 261mg

材料

鲑鱼片80-100克，3片
蜂蜜1汤匙
大蒜粉¼茶匙
橄榄油2汤匙
热水1茶匙
柠檬皮½ 茶匙（磨碎）
盐/胡椒粉调味

做法

1. 把蜂蜜、碎柠檬皮、大蒜粉和热水放在小碗里搅匀。过后将它涂在鲑鱼身上，放进冰箱腌上45分钟。
2. 用盐与胡椒粉调味鱼片。把煎锅加热。
3. 轻轻的把鲑鱼片放在煎锅里煎约4分钟，用铲轻轻的把鱼片翻一次。用叉子翻鱼片，如果容易剥落就意味着鱼熟了。
4. 用一点时萝叶装饰鲑鱼片，然后趁热享用。

It is important that the pork is cooked thoroughly. You can also lightly pound the pork before cooking.

最重要的是将猪排彻底煮熟，您可以在煮前稍微敲打猪排。

Yield: 3 portions   Serving size: ⅓ of the recipe
份量: 3份   每份量: 食谱的⅓

Pork Chops
with Apples

苹果猪排

Ingredients

250g pork chop
½ cup white onion, finely chopped
½ cup green apple, thinly sliced
½ cup green cabbage, thinly sliced
½ tbsp maple syrup
1 tbsp cider vinegar
Salt/pepper season to taste

Method of preparation

1. In a heated skillet, add in a little vegetable oil and sear the seasoned pork chops on both sides. Make sure the pork chops are thoroughly cooked and reduce the heat if necessary.
2. Once the pork chops are done, set aside. Using the same pan, add the onion and cook till soft.
3. Add in the apples, cabbage, maple syrup, and cider vinegar and bring it to a simmer. Once these are cooked and the vegetables are soft, serve warm with the pork chops.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 240kcals
Protein 蛋白质	: 29g
Carbohydrates 碳水化合物	: 13g
Fat 脂肪	: 8g
Sodium 钠	: 199mg
Potassium 钾	: 528mg
Phosphorus 磷	: 185mg

材料

猪排250克
白葱头½杯 (剁碎)
青苹果½杯 (切薄片)
卷心菜½杯 (切薄片)
枫糖½汤匙
苹果醋1汤匙
盐/胡椒粉调味

做法

1. 用蔬菜油加热平底锅，放入腌过的猪排煎。确保猪排是完全熟透了，如果有必要的话，请减低火候。
2. 猪排煮熟了放一边待用。用同样的锅，爆香葱头。
3. 加进青苹果、包菜、枫糖与苹果醋慢慢地煮沸。一旦蔬菜变软即捞起与猪排享用。

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食用适量的蔬菜有助于控制钾的含量。
记得白兰地酒含有酒精成分。

The amount of vegetables is appropriate to help control the potassium content. Remember to watch out for the brandy due to its alcohol content.

Claypot
Chicken Capsicum

砂煲灯笼椒鸡肉

Ingredients

300g chicken breast, skinned and cut into cubes
2 tsps garlic, minced
½ medium onion, chopped
¼ tsp soya sauce, light
A dash of sesame oil
¼ tsp freshly squeezed ginger juice
¼ tsp sugar
Salt/pepper season to taste
A dash of brandy (optional)
1 cup red & green capsicum, cut into pieces
100g carrot, sliced
100g onion, cut into cubes
10g ginger, sliced

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 145kcals
Protein 蛋白质	: 24g
Carbohydrates 碳水化合物	: 7g
Fat 脂肪	: 2g
Sodium钠	: 88mg
Potassium 钾	: 447mg
Phosphorus 磷	: 223mg

材料

鸡胸肉300克（去皮，切块）
蒜头2茶匙（切碎）
葱头½个（粗剁）
酱清¼茶匙
麻油少量
新鲜榨姜汁¼茶匙
糖¼茶匙
盐/胡椒粉调味
白兰地酒少量（可选）
红与绿的灯笼椒1杯（切片）
箩卜100克（切片）
葱头100克（切块）
姜10克（切片）

Method of preparation

1. Using a zip-lock bag, mix the chicken with all the ingredients needed for marination. Allow it to sit for 2-3 hours.
2. With a heated claypot, saute the onion, capsicum, carrot and ginger. Once these are done, add in the chicken.
3. Cook the chicken and vegetables over medium heat for 30-40 minutes. Serve warm.

做法

1. 把鸡肉和其它原料混合腌泡在一个密封的塑胶袋约2至3小时。
2. 用砂煲稍微把葱头、灯笼椒、箩卜与姜炒一炒，然后加上鸡肉。
3. 用中火把鸡肉与蔬菜煮约30至40分钟，然后趁热吃。

Using a low-fat mayonnaise will certainly help to cut down the dietary fat intake by at least 50%.

用低脂肪的美乃滋可以减少一半的脂肪摄取。

Yield: 3 portions   Serving size: ⅓ of the recipe
份量: 3份   每份量: 食谱的⅓

Pan-fried Cilantro Lime
Toman Fillet

柠檬多鳗鱼片

Ingredients

100–120g toman fillet, 3 pieces
⅓ cup mayonnaise, low fat
¼ cup Chinese parsley, chopped
1 tbsp lime juice
Salt/pepper season to taste

Method of preparation

1. Lightly season the fillets. In a heated skillet, add in some vegetable oil and sear the fish on both sides over medium heat.
2. Mix the mayonnaise, lime juice and Chinese parsley evenly and place mixture in a sauce bowl.
3. Once the fish is done, serve it warm with the mayonnaise-lime sauce.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 298kcals
Protein 蛋白质	: 20g
Carbohydrates 碳水化合物	: 1g
Fat 脂肪	: 23g
Sodium 钠	: 232mg
Potassium 钾	: 95mg
Phosphorus 磷	: 246mg

材料

多鳗鱼100-120克，3片
美乃滋⅓杯（低脂肪）
莞茜¼杯（粗剁）
酸柑汁1汤匙
盐/胡椒粉调味

做法

1. 用少许的调味料腌制多鳗鱼片，加进蔬菜油，然后用中火把鱼的双面煎熟。
2. 将美乃滋、酸柑汁与莞茜混匀。
3. 一旦鱼熟了，可以配搭美乃滋和酸柑汁一起享用。

Although we always deep-fry our chicken wings, this recipe has demonstrated that there is a healthier side to it and is more suitable for everyone.

虽然我们较偏向油炸鸡翅膀，不过这个食谱展示了更为健康的一面，适合大家享用的一道菜肴。

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Crispy
Chicken Wings

脆皮鸡翅膀

Ingredients

12 pieces chicken wing drummettes
⅓ cup tabasco hot pepper sauce
2 tbsps butter, unsalted
200g celery, cut into sticks 3" length

Method of preparation

1. Melt the butter in a mixing bowl at room temperature and add in the hot sauce. Mix the sauce evenly.
2. Line the chicken wings in a baking dish and brush them with vegetable oil. Bake the chicken wings in a preheated oven at 175 °C for 30-35 minutes. Check for done-ness.
3. Once the chicken wings are done, toss them with the hot sauce and they are ready to be served together with the celery sticks.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 71kcals
Protein 蛋白质	: 11g
Carbohydrates 碳水化合物	: 0g
Fat 脂肪	: 3g
Sodium 钠	: 85mg
Potassium 钾	: 20mg
Phosphorus 磷	: 92mg

材料

鸡翅膀12个
塔巴斯哥辣酱油⅓杯
牛油2汤匙（无盐份）
芹菜200克（切成3寸长条状）

做法

1. 把牛油置放在温室内让它融化，然后与塔巴斯哥辣酱油混匀。
2. 把鸡翅膀排列在烤盆上然后刷上菜油。预先加热烤炉175摄氏度，烘鸡翅膀30至35分钟，检查是否已经熟透了。
3. 一旦鸡翅膀烤熟了，与酱料和芹菜条一起食用。

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A small bowl of steamed white rice, half a cup of stir-fried vegetables and 3 to 4 meatballs, and you will have a perfect lunch.

一小碗的白饭，半杯的菜和3到4粒的牛肉丸，您将会有一顿完美的午餐。

Yield: 3 portions   Serving size: 2 meatballs
份量: 3份   每份量: 2个牛肉丸

Juicy Meatballs

Ingredients

300g ground beef
10g white onion, chopped
2 tbsps oatmeal flakes, dry
1 egg, beaten
¼ tsp dill, dried
¼ tsp thyme, dried
A dash of nutmeg
Salt/pepper season to taste

For the soup:
½ cup white onion, roughly chopped
½ cup leek, diced
2 cloves garlic, minced
¾ tsp vegetable oil
600ml water
Salt/pepper season to taste

Method of preparation

1. Combine all the meatball ingredients in a large bowl and mix them well with a wooden spoon. Roll the ingredients into 1" balls and set aside.
2. In a heated saucepan, saute the onion with vegetable oil till soft. Add in the leek and garlic and stir for another 2 minutes. Add in the water and bring to a boil.
3. Place the meatballs into the stock and simmer over low-medium heat till done. Season the stock to taste. Serve warm.

Nutrient values 营养价值
(per serving每份量)

Calories 卡路里	: 453kcals
Protein 蛋白质	: 31g
Carbohydrates 碳水化合物	: 50g
Fat 脂肪	: 14g
Sodium 钠	: 87mg
Potassium 钾	: 838mg
Phosphorus 磷	: 545mg

牛肉丸

材料

牛肉300克
白葱头10克 (粗剁)
麦片2汤匙 (干)
鸡蛋1粒 (打散)
时萝¼茶匙 (干)
百里香¼茶匙 (干)
肉豆蔻1点
盐 / 胡椒粉调味

汤的材料
白葱头½杯 (粗剁)
韭葱½杯 (切块)
蒜头2瓣 (切碎)
菜油¾茶匙
水600毫升
盐 / 胡椒粉调味

做法

1. 把所有制作牛肉丸的材料进一个大碗，然后用木汤匙搅匀。把材料卷成一粒肉丸，置放一旁待用。
2. 放入蔬菜油，爆香葱头，再加入韭葱和蒜头炒约2分钟。加水将材料煮滚。
3. 把所有的牛肉丸放进上汤里，用慢火煮到熟为止。

B. Braun Avitum

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SHARING EXPERTISE

Lamb and Summer
Vegetables Skewers

Juicy Meatballs

Rigatoni Pasta with
Chicken & Eggplant

Tasty Meals Made Healthy

Having a well-balanced diet plays a vital role for an individual to stay fit and healthy. It is essential for us to have the right amount of protein, calories, fluids, vitamins and minerals each day, especially for dialysis patients. This cook book has 24 recipes, with many of them comprising a fusion of Asian and Western cooking style that can be made easily and healthily to satisfy the palate of a cosmopolitan society.

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