



# Food with Thought

The everyday 'kind to kidneys' recipe collection

# Welcome to

# Food<sub>with</sub>

# Thought



It's some eleven years since I was invited to contribute to the first edition of this publication. I am very pleased to be involved with this new edition, which I hope you will find informative and enjoyable.

I qualified in 1993 and worked in many different areas of dietetics before I joined the renal team at St Helier Hospital. Renal Dietetics is a very rewarding area in which to work. One of the challenges is to give our patients the confidence to eat a wide range of meals and enjoy them.

The recipes in this book have all been kindly forwarded to us from a number of different renal units and I would like to thank them all.

I hope this book will become a useful addition to your kitchens and help you to eat enjoyable meals within the dietary guidelines you have been asked to follow.

I would also like to thank everyone who has been involved with this project for their support and enthusiasm.

## **Annabel Harman**

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## **Special Thanks**

The editors would like to thank Linda Tarm, Principal Renal Dietitian at Guy's Hospital for all her guidance and for carrying out the analyses on the recipes in this book.



When you first have to follow a renal diet, the list of everything you can't eat seems longer than the list of foods you are allowed. And the foods on the menu conjure up pictures of bland, tasteless dishes.

You quickly learn, however, that with a little care recipes can be modified to produce flavourful, interesting meals. That said, without help like this, it is still a case of hunting through reams of books for recipes that could be modified easily.

This recipe book is great because it was written just for us – imagine, a whole book dedicated to kidney-kind recipes! All the recipes are simple to follow yet very tasty. Furthermore, thanks to the nutritional data on each recipe, it is easy to keep track of your intake of salts.

On behalf of renal patients everywhere, I would like to thank Amgen and the National Kidney Federation for producing a new edition of this recipe book.

**Fiona Loud**

Director  
Kidney Alliance



Diet plays an integral role in the treatment of kidney disease. Eating the right foods and avoiding wrong foods can help patients be healthier.

Although somewhat overwhelming at first, many people who have renal disease, particularly those on dialysis, find that following a special diet quickly becomes a part of life.

Sharing a meal with friends and family is an important part of everyday life and it is something that is still possible for those following a renal diet.

With advice from your renal dietitian, it is possible to adapt menus and cook delicious meals that meet your own specific dietary needs.

Nevertheless, the majority of recipe books tend to be full of ideas that are not suitable or adaptable for someone on a renal diet. In fact, the National Kidney Federation is often approached by people wanting ideas for simple yet tasty recipes, which is why we are delighted to have once again been involved in the production of this recipe book.

I am sure that both renal patients and renal dietitians will find it a valuable resource when planning menus, either for everyday use or for special occasions. After all, by making small changes, food and eating can still be accessible, easy and fun.

**Timothy F Statham OBE**

Chief Executive  
National Kidney Federation



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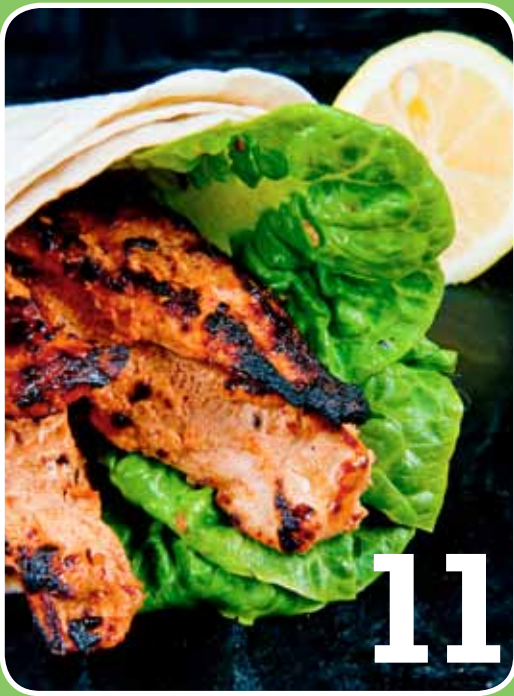
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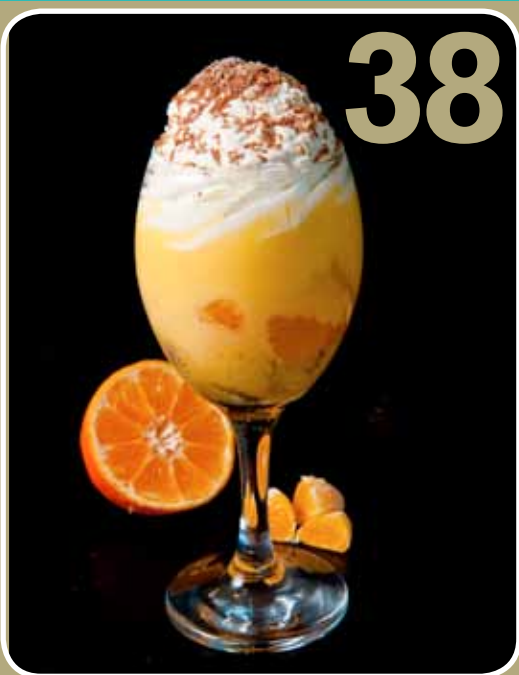
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# Light Bites





# Asparagus Bruschetta with Garlic and Basil

SERVES 2

## Ingredients

1	Ciabatta loaf or any other uncut small white loaf
4	Fresh asparagus spears, boiled until tender*
1tbsp	Olive oil
½	Garlic clove, crushed and finely chopped
1tbsp	Basil, finely chopped

\*Tinned asparagus may be used but should be well drained beforehand.



## Method

- 1) Cut four slices of bread from the loaf, approximately 2cm thick, and place on a baking tray. Lightly toast one side under a medium grill.
- 2) Cut the asparagus spears in half lengthways and cut each strip into two or three shorter lengths.
- 3) Mix the olive oil, garlic and basil together and spread on the untoasted side of the bread.
- 4) Top with asparagus, brush lightly with olive oil and return to the grill until the edges are browned.

Serve immediately while still hot.

## Analyses per portion

Energy (kcal)	230	Phosphorus (mmol)	3
Protein (g)	8	Sodium (mmol)	16
Fat (g)	8	Potassium (mmol)	5



# Rice Fishcakes



## Analyses per portion

Energy (kcal)	296	Phosphorus (mmol)	5
Protein (g)	15	Sodium (mmol)	10
Fat (g)	22	Potassium (mmol)	5

SERVES 4

## Ingredients

200g	Tinned tuna
112g	White rice (cooked but not rinsed)
1	Medium egg, beaten
Pepper	To taste
Lemon juice	To taste
Flour or oats	Enough to coat
Oil	Enough to shallow fry

## Sauce

25g	Polyunsaturated margarine
1 tbsp	Chives, chopped
3tbsp	Crème fraîche
1 tbsp	Lemon juice

**Note:** To reduce the fat content of this recipe, brush lightly with oil and bake in an oven at 200°C (Gas Mark 6) for 8-10 minutes turning them over halfway through. The analyses may vary depending on the type of tuna used.

## Method

- 1) Combine the fish, rice, beaten egg and seasoning thoroughly.
- 2) Allow to cool and firm up before shaping into fishcakes and rolling in the flour or oats.
- 3) Refrigerate for 30 minutes then shallow fry in oil for 10 minutes, turning once.
- 4) For the sauce, place all the ingredients into a saucepan. Heat and stir before serving.

**Serve with...** a salad of your choice.





# Tender Spare Ribs in a Yoghurt Sauce



SERVES 2

## Ingredients

250g	Pork spare ribs (8 medium-sized)
1tbsp	Soft brown sugar (heaped)
2tbsp	Vinegar
150g	Low fat natural yoghurt
6	Cloves

## Method

- 1) Brown the ribs under a grill for about five minutes.
- 2) Place in an ovenproof dish, sprinkle over the sugar, vinegar and cloves.
- 3) Spread the yoghurt over the ribs and roast in a very low oven (140°C or Gas Mark 1) for about two hours.

**Serve with...** boiled rice and a boiled vegetable or salad of your choice.

### Analyses per portion (without rice)

Energy (kcal)	298	Phosphorus (mmol)	10
Protein (g)	27	Sodium (mmol)	7
Fat (g)	18	Potassium (mmol)	14

# Curried Chicken Pitta Sandwich



SERVES 1

## Ingredients

50g Cooked chicken, no skin  
 1tbsp Low calorie mayonnaise  
 ½tsp Mild curry paste  
 1 White pitta  
 2-3 chunks Tinned pineapple  
 Lettuce leaves

## Method

- 1) Mix the mayonnaise with the curry paste.
- 2) Chop the chicken and pineapple into small pieces and stir into the curry mayonnaise mixture.
- 3) Shred the lettuce and place in a split pitta followed by the chicken filling.

## Analyses per portion

Energy (kcal)	350	Phosphorus (mmol)	6
Protein (g)	22	Sodium (mmol)	27
Fat (g)	10	Potassium (mmol)	8



# Chicken Tikka Bites

SERVES 4

## Ingredients

2	Small boneless chicken breasts, skin removed
3tbsp	Low fat natural yoghurt
1tbsp	Mild curry paste
1tsp	Lemon juice

## Method

- 1) Stir the curry paste into the yoghurt.
- 2) Place the chicken in a shallow dish and add the lemon juice and curried yoghurt mixture. Leave for one hour, or overnight in the fridge if you have time.
- 3) Cook the coated chicken under a preheated grill for about 20 minutes or until the juices run clear when pierced with a knife.

**Serve with...** a tortilla wrap with some shredded lettuce.

Analyses per portion ( <i>without wrap</i> )			
Energy (kcal)	208	Phosphorus (mmol)	13
Protein (g)	37.5	Sodium (mmol)	negligible
Fat (g)	0	Potassium (mmol)	16.6





# Beef Burger

serVES 6

## Ingredients

450g Lean minced beef  
 55g Feta cheese, crumbled  
 1tbsp Mixed herbs  
 Black pepper

## Method

- 1) Place all the ingredients into a large bowl and mix thoroughly.
- 2) Divide the mixture into six and shape into burgers.
- 3) Place under a pre-heated grill for 4-6 minutes each side until cooked through.

**Serve with...** a large bread bun, lettuce and a sauce of your choice.



## Analyses per portion (without bun)

Energy (kcal)	156	Phosphorus (mmol)	5
Protein (g)	20	Sodium (mmol)	8
Fat (g)	8	Potassium (mmol)	6

# Main Courses



# Lamb Chops

with  
Redcurrant  
and Mint Sauce

SERVES 4

**Ingredients**

4	Lean lamb chops, any cut (approx. 140g each)
4tbsp	Redcurrant jelly
1tbsp	Mint sauce
1tbsp	Lemon juice
4tbsp	Water

**Analyses per portion**

Energy (kcal)	352	Phosphorus (mmol)	11
Protein (g)	41	Sodium (mmol)	6
Fat (g)	15	Potassium (mmol)	15

**Note:** The fat and calorie value will vary depending on how well the chops are trimmed.

**Method**

- 1) Mix the redcurrant jelly, mint sauce, lemon juice and water together in an ovenproof dish.
- 2) Trim the chops and place in the dish with the sauce, turning to coat each chop well.
- 3) Bake uncovered in a pre-heated oven at 180°C (Gas Mark 4) for 35-40 minutes until the lamb is tender. The sauce may need to be thickened with cornflour mixed with a little water before serving.

**Serve with...** boiled potatoes and a boiled vegetable of your choice.





# Lamb and Ginger Stir Fry

SERVES 2

## Ingredients

225g Minced lamb  
 1tsp Ginger root, chopped or grated  
 1tbsp Cooked peas  
 A little sunflower oil  
 Pepper

## Method

- 1) Fry the lamb in the sunflower oil for 3-4 minutes or until just browned.
- 2) Add the ginger and fry for a further 2-3 minutes, stirring all the time.
- 3) Add the peas and season with pepper.

**Serve with...** rice or noodles



### Analyses per portion (without rice/noodles)

Energy (kcal)	177	Phosphorus (mmol)	5
Protein (g)	13	Sodium (mmol)	17
Fat (g)	12	Potassium (mmol)	7



# Spicy Chicken

SERVES 4

## Ingredients

450g	Chicken, cut into 2.5cm cubes
2tbsp	Cooking oil
1 medium	Onion, finely chopped
½tsp	Ginger powder
300ml	Homemade chicken stock or water
2tbsp	Mango chutney
1tsp	Soft dark brown sugar
150ml	Cream

## Seasoning

55g	Plain flour
1tsp	Paprika
1tsp	Cayenne pepper
1tsp	Chilli powder
1tbsp	Tumeric
1tbsp	Hot curry powder
1tsp	Ground coriander
1tsp	Ground cumin

## Method

- 1) Combine all the seasoning ingredients and coat the chicken with the mixture.
- 2) Heat the oil in a large heavy-based frying pan. Fry the chicken until sealed.
- 3) Add the onion and ginger and cook for 1-2 minutes.
- 4) Add the stock or water, chutney and sugar. Bring to the boil, cover and simmer for 15 minutes.
- 5) Stir in the cream and heat through taking care not to boil the sauce.

**Serve with...** boiled rice.

**Note:** The analyses may vary depending on the type of cream used.

## Analyses per portion (without rice)

Energy (kcal)	394	Phosphorus (mmol)	12
Protein (g)	37	Sodium (mmol)	11
Fat (g)	18	Potassium (mmol)	16



# Sweet and Sour Chicken Stir Fry

SERVES 4

## Ingredients

450g	Chicken, cut into small pieces
1 tbsp	Vegetable oil
225g	Tinned pineapple, drained and cubed
2tsp	Lemon juice
2tsp	Honey
	Black pepper
	Paprika to decorate

## Method

- 1) Heat the oil in a non-stick frying pan. Add the chicken and black pepper. Stir on a high heat until the chicken begins to turn brown.
- 2) Mix the pineapple and honey together and add to the pan. Cook for a further 3 minutes.
- 3) Remove the pan from the heat and stir in the lemon juice.
- 4) Shake on a little paprika to decorate and serve immediately.

**Serve with...** plain boiled rice and a boiled vegetable of your choice.

### Analyses per portion (without rice)

Energy (kcal)	244	Phosphorus (mmol)	10
Protein (g)	34	Sodium (mmol)	3
Fat (g)	8	Potassium (mmol)	13



# Chicken and Sweetcorn Stir Fry

SERVES 2



## Ingredients

200g	Chicken breast, cut into strips
2 small	Shallots, chopped
1 small	Can of sweetcorn, drained
30g	Frozen peas
2tbsp	Half fat crème fraîche (heaped)
	Black pepper
	Oil for frying

## Method

- 1) Fry the shallots and chicken in a little oil for around 15 minutes, turning frequently until cooked.
- 2) Fold in the peas and sweetcorn and cook for a further 5 minutes.
- 3) Add the crème fraîche, season with black pepper and stir.

**Serve with...** boiled rice.

**Note:** The analyses may vary depending on the type of tinned sweetcorn used.

### Analyses per portion (without rice)

Energy (kcal)	390	Phosphorus (mmol)	14
Protein (g)	36	Sodium (mmol)	18
Fat (g)	13	Potassium (mmol)	21



# Spicy Barbeque Chicken

SERVES 4

## Ingredients

4	Chicken breasts, skinned
2tbsp	Low fat natural yoghurt
25g	Plain flour
1tbsp	Red wine vinegar
2tbsp	Sunflower oil
4tbsp	Lemon juice
1	Garlic clove, skinned and crushed
1tsp	Ginger root, grated
1tsp	Paprika
1tsp	Crushed peppercorns

## Method

- 1) Mix the yoghurt, flour, vinegar, oil, garlic, paprika and peppercorns with 2tbsp of lemon juice.
- 2) Make parallel slits in the chicken, about 1cm apart, and sprinkle with lemon juice.
- 3) Place the chicken in a bowl and cover with the yoghurt mixture. Chill for several hours turning occasionally.
- 4) Grill or barbeque the chicken for 10-15 minutes on each side until the juices run clear.

**Serve with...** boiled potatoes or rice and a boiled vegetable or salad of your choice.

Analyses per portion			
Energy (kcal)	278	Phosphorus (mmol)	14
Protein (g)	43	Sodium (mmol)	4
Fat (g)	9	Potassium (mmol)	17



# Sweet and Sour Pork

serves 2



## Ingredients

225g Lean pork, cut into 2.5cm cubes  
 1tsp Olive oil  
 1tsp Ground ginger  
 Black pepper  
 Vegetable oil for frying

## Batter

175g Plain flour  
 300ml Water  
 ½tsp Oil  
 1 small Egg

## Sweet and sour sauce

2tbsp White sugar  
 6tbsp Vinegar  
 200ml Water  
 2tsp Cornflour (heaped)  
 2tbsp Pineapple juice (can be drained from a tin)  
 Black pepper  
 A few drops of red food colouring

## Method

- 1) Sift the flour into a bowl and make a well in the centre. Add the egg and gradually beat in the water. Add the oil and set aside to rest for 20 minutes.
- 2) Place the sugar, pepper, vinegar, water and pineapple juice in a saucepan and bring to the boil for 2 minutes. Keep hot.
- 3) Place the pork cubes in a bowl, add the olive oil, pepper and ground ginger. Mix well. Coat the pork in 2tbsp of flour, removing any excess. Add the meat to the batter.
- 4) Heat the oil in a deep pan until hot but not smoking. Drop the battered pork into the oil and cook for 8-9 minutes or until golden brown. Remove and drain on absorbent paper.
- 5) Place in a heated serving dish and top with the sauce.

**Serve with...** boiled rice.

**Note:** If you do not wish to deep fry, omit the batter and shallow fry the coated meat with a few slices of onion and green pepper.

## Analyses per portion (without rice)

Energy (kcal)	686	Phosphorus (mmol)	11
Protein (g)	27	Sodium (mmol)	26
Fat (g)	15	Potassium (mmol)	14



# Stir-Fried Pork

## with Noodles

SERVES 2

### Ingredients

225g	Lean pork fillet (chicken may also be used)
2 medium	Carrots, pre-boiled and drained
1 medium	Courgette, pre-boiled and drained
1 small	Red pepper, pre-boiled and drained
½tsp	Thai seven spice powder
Oil for frying	

**Note:** This may use up your vegetable allowance for the day.

### Method

- 1) Cut the pork into thin strips and fry in a small amount of oil using a wok or frying pan.
- 2) Cut the carrot, courgette and pepper into strips and add to the pork.
- 3) Stir in the Thai seven spice powder and stir fry on a medium heat until the pork is cooked through.

**Serve with...** noodles tossed in a little sesame oil if desired.

### Analyses per portion (without noodles)

Energy (kcal)	280	Phosphorus (mmol)	13
Protein (g)	39	Sodium (mmol)	6
Fat (g)	11	Potassium (mmol)	24

# Texas Hash

SERVES 4

## Analyses per portion (without bread or rice)

Energy (kcal)	324	Phosphorus (mmol)	7
Protein (g)	27	Sodium (mmol)	8
Fat (g)	17	Potassium (mmol)	17



## Ingredients

450g	Minced beef
1 large	Onion, chopped
1 tin	Tomatoes
2tbsp	Rice
1	Green pepper, deseeded and thinly sliced
1tbsp	Worcestershire sauce
1tsp	Sugar
	Pepper
	Oil for frying

## Method

- 1) Fry the onion in a little oil until golden.
- 2) Add the mince and stir well to break up.
- 3) Add the pepper and stir.
- 4) Empty the tin of tomatoes (fruit and juice) into the pan and add the Worcestershire sauce and rice. Stir well and cook for a few minutes until some of the liquid from the tomatoes reduces.
- 5) Turn into a greased ovenproof dish and cook in a moderate oven at 180°C (Gas Mark 4) for about 45 minutes.

**Serve with...** crusty bread or boiled rice.





# Shepherd's Pie

SERVES 4

## Ingredients

450g	Minced lamb (or beef)
1 large	Onion, chopped
2 medium	Carrots, chopped
1tbsp	Flour
1	Stock cube
300ml	Boiling water
1tbsp	Oil
675g	Potatoes
25g	Grated cheese
	Knob of margarine
	Dash of milk
	Black pepper

## Method

- 1) Place the oil into the pan, add the onion and fry until golden.
- 2) Add the mince and brown lightly.
- 3) Boil carrots in a separate pan, drain and add to the mince and onions.
- 4) Make up the stock cube with 300ml of boiling water, add to the meat and season with black pepper.
- 5) Boil the potatoes well, drain and mash adding a dash of milk, a knob of margarine and some black pepper.
- 6) Put the mince in an ovenproof dish, cover with the mashed potato and sprinkle the cheese on top.
- 7) Cook at 190°C (Gas Mark 5) for 30-40 minutes until the potato is golden brown.

**Serve with...** boiled vegetables of your choice.

### Analyses per portion

Energy (kcal)	478	Phosphorus (mmol)	11
Protein (g)	34	Sodium (mmol)	7
Fat (g)	22	Potassium (mmol)	25

**Note:** The potato content in this dish contributes to your daily allowance.

# Spicy Beef

SERVES 4

## Ingredients

560g	Sirloin/rump steak
4 small	Tomatoes, peeled, de-seeded and sliced
4	Spring onions, thinly sliced
1-2	Garlic cloves, crushed
4	Celery sticks
2-3tsp	Mild chilli powder
2tbsp	Paprika
1	Beef stock cube
300ml	Water
2tbsp	Clear honey
2tbsp	Red wine vinegar
2tbsp	Sunflower oil
1tbsp	Worcestershire sauce

## Method

- 1) Cut the steak into 1cm strips. Add the paprika and chilli powder, evenly coating the beef. Leave to marinate for one hour.
- 2) Cut the celery into 5cm lengths and then into strips about 5mm thick.
- 3) Make up the stock by adding the stock cube to the water and adding the Worcestershire sauce, honey and red wine vinegar.
- 4) Heat the oil and fry the spring onions, celery and garlic for a minute before adding the steak. Continue to fry on a high heat for 3-4 minutes.
- 5) Add the sauce and cook until the meat is well coated and sizzling hot.
- 6) Add the tomatoes and heat through. Serve immediately.

**Serve with...** rice or noodles.

### Analyses per portion (without noodles)

Energy (kcal)	414	Phosphorus (mmol)	13
Protein (g)	46	Sodium (mmol)	9
Fat (g)	18	Potassium (mmol)	25

**Note:** This may use up your vegetable allowance for the day.







# Cod Fillet with Lemon Sauce

SERVES 4

## Ingredients

4	Cod fillets
1tbsp	Cornflour
1tbsp	Butter or margarine
4tbsp	Water
1	Lemon (grated rind and juice)
	Black pepper

## Analyses per portion

Energy (kcal)	179	Phosphorus (mmol)	7
Protein (g)	26	Sodium (mmol)	19
Fat (g)	6	Potassium (mmol)	11

## Method

- 1) Place lemon juice and rind into a small saucepan with the water and bring to the boil.
- 2) Mix the cornflour with a little water and add to the saucepan. Cook, stirring continuously, until thickened. Add pepper to taste.
- 3) Dot the fish with butter (or margarine) and grill for 5-6 minutes each side.

**Serve with...** chips (parboiled before frying or roasting), a boiled vegetable of your choice and the hot lemon sauce.

# Lemon Sole with Ginger and Lime

SERVES 2

## Ingredients

2 medium Lemon sole or plaice fillets  
 1tsp Ginger, finely chopped  
 2tbsp Sunflower oil  
 ½ Lime, finely grated zest and juice  
 Lime slices to garnish

2 metal skewers

## Method

- 1) Cut each sole fillet in half down the centre. Cut each strip in half widthways. Neatly roll up the strips of sole. Thread 4 rolls on each skewer.
- 2) Mix the remaining ingredients and brush on the fish. Cover and refrigerate for at least 10 minutes or a maximum of 3 hours.
- 3) Grill under a medium heat, turning once and brushing with any remaining marinade, until cooked. Garnish with slices of lime.

**Serve with...** chips (parboiled before frying or roasting) and a vegetable of your choice.

## Analyses per portion

Energy (kcal)	245	Phosphorus (mmol)	11
Protein (g)	31	Sodium (mmol)	7
Fat (g)	14	Potassium (mmol)	10





# Tuna and Potato Bake

SERVES 2

## Ingredients

450g	Boiled potatoes
1 medium	Onion
550g	Tinned tuna (drained)
4	Eggs, beaten
½	Lemon juice
2 pinches	Nutmeg
	Black pepper
	Butter/margarine

## Analyses per portion

Energy (kcal)	521	Phosphorus (mmol)	19
Protein (g)	76	Sodium (mmol)	46
Fat (g)	6	Potassium (mmol)	38

**Note:** The analyses may vary depending on the type of tinned tuna used. The potato content in this dish contributes to your daily allowance.



## Method

- 1) Boil the onion for 10 minutes.
- 2) Mash the onion and potato together. Add pepper, nutmeg, lemon juice and beaten eggs.
- 3) Flake the tuna and stir into the potato mixture.
- 4) Place the mixture into a well greased ovenproof dish and brush the top with melted butter or margarine.
- 5) Bake in a hot oven at 200°C (Gas Mark 6) for about 30 minutes until the top is nicely brown.

**Serve with...** a boiled vegetable or salad of your choice.

# Salmon Pasta with Tarragon Butter

SERVES 4

**Ingredients**

350g	Salmon fillets
600ml	Water
400g	Dried pasta
15g	Butter or margarine
2tbsp	Plain flour
2tbsp	Fresh tarragon, chopped
1	Bay leaf
	Black pepper

**Method**

- 1) Poach the salmon fillets in the water with the bay leaf for about 15 minutes or until cooked.
- 2) Remove the fish from the water, reserving 450ml of the cooking stock.
- 3) Cook the pasta in a large pan of boiling water.
- 4) While the pasta is cooking, flake the fish, discarding the skin and any bones.
- 5) Melt the butter or margarine in a pan, add the flour and stir for 1 minute. Remove from the heat and gradually beat in the fish stock. Return to the heat and stir until the sauce thickens.
- 6) Season the sauce with black pepper and stir in the tarragon.
- 7) Drain the pasta. Add the salmon and sauce to the pasta and mix gently.

**Serve with...** salad.**Analyses per portion (with pasta)**

Energy (kcal)	391	Phosphorus (mmol)	11
Protein (g)	27	Sodium (mmol)	4
Fat (g)	15	Potassium (mmol)	10





# Tomato Pasta

SERVES 2

## Ingredients

1tbsp	Olive oil
1 small	Onion, chopped
1	Garlic clove, chopped
400g	Tinned chopped tomatoes, drained
200g	Dried pasta
Pinch	Mixed herbs
Pinch	Black pepper
Pinch	Sugar

## Method

- 1) Fry the onion and garlic in the oil.
- 2) Add the tin of tomatoes, mixed herbs, black pepper and sugar. Simmer for 10-15 minutes.
- 3) Meanwhile, cook the pasta in boiling water until cooked. Drain and serve with the tomato sauce.

### Analyses per portion (with pasta)

Energy (kcal)	452	Phosphorus (mmol)	2
Protein (g)	14	Sodium (mmol)	3
Fat (g)	8	Potassium (mmol)	14

**Note:** On a reduced potassium diet, count the tomato sauce as two vegetable portions from your daily allowance. Do not serve with potatoes.

# Saffron and Coriander Rice

SERVES 2

## Ingredients

100g	Basmati rice
2tbsp	Fresh coriander, chopped
5	Cloves
5	Whole cardamom pods (optional)
Pinch of	saffron threads

## Method

- 1) Add the rice, cloves and cardamom to a pan of boiling water. Cook according to instructions on the packet.
- 2) Drain the rice and remove the spices. Return the rice to the pan.
- 3) Stir the saffron threads into the rice, cover and leave for 5-10 minutes.
- 4) Stir in the chopped coriander and serve immediately.

## Analyses per portion

Energy (kcal)	180	Phosphorus (mmol)	1
Protein (g)	4	Sodium (mmol)	-
Fat (g)	1	Potassium (mmol)	-



# Desserts



# Lemon Delight

erves 2

## Ingredients

25g	Polyunsaturated margarine
50g	Caster sugar
1	Egg, separated
25g	Self-raising flour, sieved
120ml	Water
1 small	Lemon, zest and juice

## Method

- 1) Put margarine, sugar, egg yolk, water and flour into a bowl and mix until smooth.
- 2) Whisk the egg whites until stiff and carefully fold into the batter mixture using a metal spoon.
- 3) Pour into a greased ovenproof dish and bake in the oven at 180°C (Gas Mark 4) for 20-30 minutes or until the top is golden brown. Serve warm sprinkled with caster sugar.

**Serve with...** whipped cream.

### Analyses per portion (without whipped cream)

Energy (kcal)	190	Phosphorus (mmol)	2
Protein (g)	3	Sodium (mmol)	7
Fat (g)	11	Potassium (mmol)	1





# Spiced Baked Apple

SERVES 1

## Ingredients

1	Apple, preferably Bramley
1tsp	Sugar or sweetener
½tsp	Cinnamon and/or a few cloves

## Method

- 1) Core the centre of the apple and put on a microwavable plate.
- 2) Mix the sugar with the cinnamon and/or cloves and spoon into the centre of the apple.
- 3) Cook in the microwave on half power for 2-3 minutes until soft.

**Serve with...** a spoonful of low fat cream.

### Analyses per portion

Energy (kcal)	156	Phosphorus (mmol)	0.7
Protein (g)	1.2	Sodium (mmol)	negligible
Fat (g)	0	Potassium (mmol)	5.7



# Apple and Plum Crumble



SERVES 4

## Ingredients

500g	Cooking apples
100g	Plums
50ml	Water
35g	Caster sugar
¼tsp	Cinnamon

## Crumble topping

80g	Plain flour
80g	Margarine
80g	Dark brown sugar
55g	Rolled oats
¼tsp	Nutmeg
1tbsp	Honey

## Method

- 1 Peel, core and slice the apples. Stone and quarter the plums.
- 2) Place the fruit in an ovenproof dish with the water, sugar and cinnamon.
- 3) Rub the margarine and flour together then stir in the dark brown sugar, oats, nutmeg and honey. Spoon the crumble mix over the fruit.
- 4) Bake in an oven at 200°C (Gas Mark 6) for 30 minutes until the crumble is golden brown.

**Serve with...** custard.

## Analyses per portion (without custard)

Energy (kcal)	458	Phosphorus (mmol)	3
Protein (g)	4	Sodium (mmol)	6
Fat (g)	18	Potassium (mmol)	7

**Note:** Avoid any other fruit during the day. If serving with custard, deduct this from your daily milk and fluid allowance.

# Crème Brûlée

SERVES 2

## Ingredients

2 slices	Tinned pineapple
140ml	Double cream
1	Egg
50g	Caster sugar
½tsp	Vanilla essence or brandy

2 greased ramekins (approx. 8-9cm diameter).

### Analyses per portion

Energy (kcal)	520	Phosphorus (mmol)	2
Protein (g)	3	Sodium (mmol)	2
Fat (g)	43	Potassium (mmol)	3

- 1) Preheat the oven to 150°C (Gas Mark 2).
- 2) Pat the pineapple dry with kitchen paper. Chop coarsely and place in the bottom of each ramekin.
- 3) Heat the cream gently until it bubbles around the edge but do not boil.
- 4) Add half the sugar to the egg in a mixing bowl and whisk until well blended. Gradually whisk in the cream then stir in the vanilla essence or brandy. Pour the mixture over the pineapple to 1cm from the rim.
- 5) Place the ramekins in a shallow roasting container filled with boiling water to a depth of 3cm or ¾ way up the ramekins. Bake in the oven for 25-30 minutes until the custard is set.
- 6) Remove, cool and chill for a minimum of 1 hour or overnight. Heat the grill to the hottest setting, sprinkle the remaining sugar over the top of the custard. Grill until brown and bubbling, turning the ramekin occasionally to ensure even browning.
- 7) Chill for 1 hour before serving.



# Fruit Pudding

SERVES 4

450g	Mixed tinned fruit (raspberries, blueberries, blackberries)
25g	Sugar
300ml	Water
4-6 slices	Bread (2 days old), crusts removed

#### Analyses per portion (without cream)

Energy (kcal)	126	Phosphorus (mmol)	1
Protein (g)	3	Sodium (mmol)	6
Fat (g)	1	Potassium (mmol)	4

**Note:** This pudding equals one portion of your daily fruit allowance.



#### Method

- 1) Drain the tinned fruit well and place in a saucepan. Add the sugar and water and cook for 5 minutes.
- 2) Place slices of bread around the edge of the pudding bowl.
- 3) Spoon half the fruit into the bread-lined bowl and place a layer of bread on top.
- 4) Spoon in the rest of the fruit and finish off with another layer of bread.
- 5) Put a plate on top of the bowl and leave in the fridge overnight.
- 6) Turn out and serve.

**Serve with...** cream or yoghurt.





# Harvest Cake

SERVES 12

## Ingredients

175g	Self-raising flour
100g	Butter or margarine
100g	Soft brown sugar
1tsp	Mixed spice
50g	Mixed peel
125g	Chopped mixed glacé fruit
50g	Mixed dried fruit (eg currants/raisins)
1tsp	Treacle
3tbsp	Sherry
2 medium	Eggs

A 17.5cm tin.

### Analyses per portion

Energy (kcal)	211	Phosphorus (mmol)	3
Protein (g)	3	Sodium (mmol)	6
Fat (g)	8	Potassium (mmol)	3

**Note:** One slice can be taken daily if on a low potassium diet.

## Method

- 1) Preheat the oven to 180°C (Gas Mark 4).
- 2) Grease and line the cake tin with greaseproof paper.
- 3) Sift the flour and mixed spice onto a plate and set aside.
- 4) Cream butter and sugar together until soft. Break up the eggs with a fork and add to the creamed butter mixture a little at a time, beating well after each addition and adding a little flour with the last of the egg mixture.
- 5) Add the mixed peel, glacé and dried fruits, remaining flour, treacle and sherry. Mix until well blended.
- 6) Spoon the mixture into the tin, levelling and hollowing at the centre slightly.
- 7) Bake at 180°C for 45 minutes, then lower the temperature to 170°C and bake for a further 30 minutes. Cover with foil and cook until the top looks golden brown.
- 8) Allow to cool in the tin for 30 minutes then turn out.

# Easy Trifle

SERVES 4

## Ingredients

1 small	Plain sponge Swiss roll
75g	Custard powder
400g	Tinned mandarin segments in juice, drained
2-3tbsp	Sherry (optional)
150ml	Double cream
4 squares of chocolate, grated	

## Method

- 1) Place the custard powder into a measuring jug and add 300ml/ ½ pint of boiling water. Whisk briefly with a fork until smooth and creamy and leave to stand while you prepare the rest of the trifle.
- 2) Cut the Swiss roll into slices and use to cover the base of a large dish, or 4 individual serving dishes. Sprinkle the sherry over the sponge, if using.
- 3) Spread all but 6 of the mandarin segments evenly over the Swiss roll.
- 4) Pour or spoon the custard over the fruit.
- 5) Whip the double cream and spread over the custard.
- 6) Decorate with a little grated chocolate and the reserved mandarins.

### Analyses per portion

Energy (kcal)	458	Phosphorus (mmol)	5.8
Protein (g)	6.6	Sodium (mmol)	negligible
Fat (g)	0	Potassium (mmol)	7



# Notes



# Important notes for using this book

The analyses in this book, found on each page, were carried out using Dietplan6.30 from Forestfield Software Limited. The analyses are based on serving size and do not include any accompaniments or serving suggestions shown.

The analyses provide information on those nutrients that are considered in a renal diet. If you are at all unsure about a recipe's suitability, please check with your dietitian; everyone is an individual and will have their own dietary advice.

To ensure you do not exceed your recommended daily allowances, when using the recipes don't forget to take into account the portion size you will be eating and any other meals you have had or are planning to have during the day. Referring to the ingredients of each recipe should help you do this.

Finally, as the values will vary between brands and different food sources, the values given should only be used as a guide.

**You should always follow the guidance given by your dietitian but it may help to take note of the following:**

## Salt

Salt is sodium chloride. On most food labels you will find salt measured as sodium. The values for sodium in this book are those naturally present or those that have added to a manufactured product.

## Potatoes

Where potatoes are included as part of the recipe, such as in Shepherd's Pie, the portion you eat will normally contribute to your daily allowance. As an accompaniment, potatoes should be boiled and drained before being used in a recipe to reduce the potassium content.

## Rice, breads and pasta

Nutritional values are given for suggested portion sizes to accompany meals but the quantity may need to be adjusted according to your energy needs.

## Vegetables

Where vegetables are required for a stir-fry recipe, make sure they are pre-boiled and drained to reduce the potassium content.

## Fruits

If the dessert recipe calls for fruit, this should be included as part of your daily fruit allowance

## Milk/Dairy products

Any milk/dairy products used in a recipe should be deducted from your daily allowance.

## Tinned products

Analyses use the average drained weight of the tinned product.



# Weights, measurements and oven conversions

## Weight conversions

15g	½ oz
25g	1 oz
40g	1½ oz
50g	1¾ oz
75g	2¾ oz
100g	3½ oz
125g	4½ oz
150g	5½ oz
175g	6 oz
200g	7 oz
225g	8 oz
250g	9 oz
275g	9¾ oz
300g	10½ oz
325g	11½ oz
350g	12 oz
400g	14 oz
425g	15 oz
450g	1lb

## Liquid conversions

15ml	½ floz
30ml	1 floz
60ml	2 floz
100ml	3½ floz
115ml	4 floz
140ml	5 floz
200ml	7 floz
255ml	9 floz
285ml	10 floz
340ml	12 floz
400ml	14 floz
425ml	15 floz
455ml	16 floz
510ml	18 floz
570ml	1 pint

## Oven conversions

Gas Mark	Centigrade
1	140
2	150
3	165
4	180
5	190
6	200
7	220
8	230
9	240

**Note:** These conversions are approximate. For exact figures the recognised conversion rate is 28g = 1oz.

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