

Recipes for Renal Patients

If you have been advised to follow a low potassium diet your fruit, vegetable and potato allowances are as follows:

Up to four portions of fruit and vegetables per day (as detailed in your diet sheet)

One serving of potatoes per day

If you have diabetes then not all of these recipes will be suitable for you. Where sugar is used you could try replacing this with a granulated sweetener.

If you are trying to lose weight or reduce your fat intake you could replace some items for lower fat versions e.g. crème fraîche, mayonnaise, sour cream, fromage frais.

If you are prescribed a phosphate binder remember to take these with all your meals.

Lamb Recipes

Lamb Burger

Ingredients (Makes 6 burgers)

- 450g lean minced lamb
- 55g Feta cheese, crumbled
- 1 tbsp mixed herbs
- Black pepper

Method

Place the ingredients into a large bowl and mix thoroughly. Divide the mixture into six and shape into burgers. Place under a pre-heated grill for 4-6 minutes each side until cooked thoroughly, turning once.

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

Lamb and Ginger Stir fry

Ingredients (Serves 2) Count one serving as one vegetable serving

- 225g minced lamb
- A little sunflower oil

- 1 tsp chopped or grated fresh root ginger
- 1 tbsp root ginger
- 1 tbsp peas
- Black pepper

Method

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

Chicken Recipes

Curried Chicken Pitta Sandwich

Ingredients (Serves 1) Count one serving as one vegetable portion

- 50g cooked chicken
- 1 tbsp mayonnaise
- ½ tsp mild curry paste
- A few chopped lettuce leaves
- 1 white pitta bread
- 2-3 tinned pineapple chunks, juice drained

Method

Chop pineapple and cooked chicken into small chunks. Mix with mayonnaise and curry paste. Shred lettuce and place in split pitta bread, followed by chicken filling.

Sweet and Sour Chicken Stir Fry

Ingredients (Serves 4) Count one serving as one vegetable portion

- 450g chicken, cut into small pieces
- 1tbsp vegetable oil
- Ground black pepper
- 225g tin cubed pineapple, juice drained
- 2tsp lemon juice
- 2tsp honey
- Paprika for decoration

Method

Heat the oil in a non-stick frying pan. Add the chicken and black pepper. Stir over a high heat until the chicken begins to turn brown. Mix together the pineapple and honey and add to the pan. Cook for a further 3 minutes. Remove the pan from the heat and stir in the lemon juice.

Serve immediately and shake on a little paprika to decorate. Serve with plain boiled rice or noodles and a boiled vegetable of your choice. (Remember to include the vegetable with your daily fruit and vegetable allowance)

Chicken Casserole

Ingredients (Serves 4) Count one serving as two vegetable portions

- 4 skinned chicken breasts, cut into cubes
- 1 tablespoon oil
- 1 garlic clove, peeled and chopped
- 1 teaspoon brown sugar
- 1 large onion, peeled and cut into wedges
- 200g/7oz carrots, cut into chunks
- 2 teaspoons chilli powder
- 1 level teaspoon dried coriander
- 1 small can/200g chopped tomatoes
- Dash Tabasco sauce
- 1 tablespoon tomato ketchup
- 180g/6oz runner beans
- 300ml/ ½ pint water

Method

Heat the oil in a large flame-proof casserole dish and fry the garlic for one minute. Add the chilli powder and cook for a further minute.

Stir in the cubes of chicken and sugar and cook on a high heat for five minutes until browned. Stir in the onion wedges and coriander, and cook for two minutes.

Add the chopped tomatoes, Tabasco sauce and tomato ketchup and 300ml/ ½ pint water.

Stir and cover. Leave to simmer for 45 minutes, until the meat is tender. Uncover the casserole and continue to cook for 10 minutes to allow to reduce slightly.

Boil the carrots and runner beans in plenty of water until tender. Drain and add to the casserole and cook for a further 5 minutes.

Serve with crusty bread, dumplings or Yorkshire pudding.

Chicken With Pasta and Lemon Sauce

Ingredients (Serves 4) Count one serving as one vegetable portion

- 4 skinned chicken breasts
- Juice of 1 lemon
- 1 tablespoon oil

- 4 mushrooms (medium)
- 1 onion
- 1 green or red pepper
- 500ml crème fraiche
- 375g/12oz dried pasta
- Black pepper to taste

Method

Chop the mushrooms, pepper and onion into small pieces and stir fry lightly in the oil until brown. Put to one side.

Chop the chicken into small pieces and stir fry until the chicken is cooked

Place the pasta in a pan of boiling water and boil for about 8-12 minutes, until just tender.

Add the lemon juice to the crème fraiche and warm through.

Mix the vegetables, chicken and crème fraiche together.

Drain and place the pasta on a plate and spoon the chicken and sauce on top and serve.

Barbecue Chicken Hot Pot

Ingredients (Serves 4) Count one serving as one potato serving and two vegetable portions

- 4 skinned chicken breasts
- 100ml/3 ½ fl oz tomato ketchup
- 50ml/2fl oz maple syrup
- 2 tablespoons distilled malt vinegar
- 2 teaspoons lemon juice
- 2 garlic cloves, crushed
- 7 tablespoons olive oil
- 4 small red onions
- 450g/1lb small potatoes
- Flat leaf parsley to garnish (optional)

Pre-heat oven to 220°C (Gas mark 6/450°F).

Method

For the marinade, blend together the tomato ketchup, maple syrup, vinegar, lemon juice, crushed garlic cloves and 5 tablespoons of oil.

Place the chicken in a shallow, non-metallic dish and pour half the marinade over it. Cover and leave to marinate overnight.

Peel and cut the red onions into sixths.

Peel the potatoes and cut into small chunks. Place them in cold water and bring to the boil for 10 minutes. Drain and discard the water. Toss the potatoes and onions in the remaining olive oil. Spread over the base of a large roasting tin. Cook in the oven for 10 minutes, turning half way.

Sit the chicken on the vegetables and pour over the remaining marinade. Cook for 30-35 minutes, or until the chicken is tender and everything is golden brown.

Lift the chicken and vegetables on to a serving dish. Spoon the barbecue sauce over the chicken and serve garnished with sprigs of flat leaf parsley.

Beef Recipes

Spaghetti Bolognese

Ingredients (Serves 4) Count one serving as one vegetable portion. Do not serve with potatoes

- 450g/1lb lean minced beef
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 tablespoons tomato ketchup
- 1 large tin chopped tomatoes 400g/14oz
- 1 tablespoon chopped fresh basil
- 2 teaspoons dried mixed herbs
- 1 tablespoon Worcestershire sauce
- 150ml/ ¼ pint beef stock (use 1 stock cube)
- 375g/12oz dried spaghetti/tagliatelle
- Ground black pepper

Method

Heat 1 tablespoon of the oil in a large saucepan. Add the meat and fry for 5 minutes. Put to one side. Add another tablespoon of oil and the chopped onion and garlic and fry for 3 minutes until softened.

Reduce the heat, add the tomatoes with the can juices, and stir in the herbs, Worcestershire sauce, stock and tomato ketchup. Stir in the meat.

Simmer, covered for 1 hour, stirring occasionally, until the sauce is rich and thickened. Add pepper to taste.

About 10 minutes before the end of the cooking time, bring at least 3 pints of water to the boil in a large saucepan. Add a dash of oil. Cook the spaghetti for 8-12 minutes, until just tender. Drain well, drizzle with a little more olive oil and season with pepper.

Place the pasta on serving plates and spoon the sauce over.

Chilli Con Carne

Ingredients (Serves 4) Count one serving as two vegetable portions. Do not serve with potatoes

- 450g/1lb lean minced beef
- 1 tablespoon oil
- 1 red pepper, chopped
- 1 onion, chopped
- 1 clove garlic, crushed and chopped
- 2 teaspoons ground cumin
- 2 teaspoon mild chilli powder
- 1 teaspoon oregano
- Pinch of nutmeg
- Pinch of pepper and sugar
- 1 large tin of chopped tomatoes, 400g/14oz
- 250g/9oz canned red kidney beans
- Tabasco sauce (dash)
- Sour cream (optional) Pre-heat oven to 180°C/350°F/gas mark 4

Method

Heat the oil and fry the onion and garlic. Add the meat and cook until brown. Sprinkle on the cumin, chilli powder, oregano, nutmeg, salt, pepper and sugar. Add the Tabasco sauce.

Cook, stirring frequently, over a medium heat for about 3 minutes.

Add the tomatoes and their liquid, red pepper, and simmer for 25-30 minutes.

Drain the kidney beans and rinse in water. Add just before serving. Heat through for 5 minutes.

Serve with boiled rice and sour cream (optional)

Meatballs in Spicy Tomato Sauce

Ingredients (Serves 4) Count one serving as one vegetable portion

Meatballs

- 450g//1lb lean minced beef
- 1 garlic clove, crushed
- 2 tablespoons fresh breadcrumbs
- ½ chilli pepper, seeded and finely chopped
- ½ teaspoon ground cumin

- Pinch pepper
- 1 egg, beaten
- Oil for frying
- 2 spring onions, chopped
- Pre-heat oven to 180⁰C/350⁰F/gas mark 4

Method

Mix together the meat, garlic, breadcrumbs, chilli pepper, cumin, salt and pepper. Gradually add the beaten egg until well mixed together. Turn the mixture out onto a floured surface and divide into 16 equal pieces. With floured hands, shape the mixture into balls.

Pour about 3 tablespoons of oil into a large frying pan and place over a high heat. When the oil is hot, add the meatballs and fry for 5-10 minutes until brown on all sides. Turn frequently during cooking.

Remove the browned meatballs and drain well on paper towels. Place in an ovenproof dish. Now make the spicy tomato sauce.

Spicy tomato sauce

Count one serving of sauce as two vegetable portions. Do not serve with potatoes.

- 1 large tin of chopped tomatoes, 400g/14oz
- 1 tablespoon oil
- 1 small onion, chopped
- ½ chilli pepper, seeded and chopped
- ½ teaspoon each ground cumin, coriander and ginger
- ½ red and ½ green pepper, seeded and chopped
- Pinch pepper and sugar

Pre-heat oven to 180⁰C/350⁰F/gas mark 4

Heat the oil and cook the onion, chilli pepper and spices for about 5 minutes over a low heat. Add the peppers and remaining ingredients and bring to the boil. Reduce the heat and simmer for 15-20 minutes, stirring occasionally.

Cover the meatballs with the spicy tomato sauce and heat through in the oven for 10 minutes. Sprinkle with chopped spring onion to serve. Serve with rice, pasta or crusty bread.

Lasagne

Ingredients (Serves 4) Count one serving as two vegetable portions

- 450g/1lb lean minced beef
- 8 lasagne sheets
- 2 tablespoons olive oil

- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 tablespoons tomato ketchup
- 1 large tin chopped tomatoes (400g/14oz)
- 1 tablespoon chopped fresh basil or 2 teaspoons dried mixed herbs
- 1 tablespoon Worcestershire sauce
- 150ml/ ¼ pint beef/vegetable stock (use 1 stock cube)
- Pepper

Pre-heat oven to 190°C/375°F/Gas mark 5

How to make the meat sauce

Heat one tablespoon of the oil in a large saucepan. Add the meat and fry for five minutes. Put to one side. Add another tablespoon of oil and the chopped onion and garlic and fry for three minutes until softened.

Reduce the heat, add the tomatoes with the can juices, and stir in the herbs, Worcestershire sauce, stock and tomato ketchup. Stir in the meat.

Simmer, covered for one hour, stirring occasionally, until the sauce is rich and thickened. Add pepper to taste.

Lasagne Cheese Sauce

Ingredients

50g/2oz strong Cheddar cheese (grated)
 200ml/7fl oz double cream and 400ml/14fl oz water mixed together (milk substitute)
 25g/1oz butter
 25g/1oz plain flour
 1 teaspoon whole grain mustard

Pre-heat oven to 190°C/375°F/Gas mark 5

How to make the cheese sauce

Melt the butter in a saucepan. Remove from the heat and stir in the flour. Add the milk substitute gradually, whisking or beating the sauce over a moderate heat until thickened. Add the cheese, stirring well until melted, and then add the mustard and pepper to taste. Set aside.

Grease the base and sides of an ovenproof dish (3-pint capacity). Spoon one-third of the meat mixture over the base, cover with three sheets of lasagne and repeat the layering process twice more, finishing with a layer of pasta. Cover with the cheese sauce. Bake the lasagne in the pre-heated oven for 45 minutes. Serve with crusty bread.

Variation:

Chicken lasagne

Replace the minced beef with the same quantity of lean minced chicken or turkey. Proceed as for the main recipe.

Shepherd's Pie

Ingredients (Serves 4) Count one serving as a serving of potatoes and one vegetable serving

- 450g minced beef or lamb
- 1 large onion, chopped
- 2 medium carrots, chopped
- 1 tbsp flour
- 1 beef stock cube added to 300mls water
- 1 tbsp oil
- 675g potatoes
- Knob of margarine
- 25g grated cheese
- Dash of milk
- Black pepper

Method

Place the oil into the pan, add the onion and fry until golden. Add the mince and brown lightly. Boil the carrots in a separate pan, drain and add to mince and onions. Make up stock cube with 300ml of boiling water and add to mince, then season with black pepper.

Boil potatoes well, drain and mash, add a dash of milk, knob of margarine and some black pepper. Put mince in an ovenproof dish, cover with potato mixture, sprinkle cheese on top and cook at 190°C (Gas mark 5) for 30-40 minutes, until golden brown.

Serve with a boiled vegetable of your choice.

Pork Recipes

Stir Fried Pork with Noodles

Ingredients (Serves 2) Count one serving as two vegetable portions

- 225g pork fillet (chicken can also be used)
- 2 medium carrots
- 1 medium courgette
- 1 small red pepper
- Oil for frying
- ½ tsp Thai seven-spice seasoning

Method

Cut the pork into thin strips and fry in a small amount of oil in a wok or frying pan. Cut the carrot, courgette and pepper into strips and add to the pork.

Stir in ½ tsp Thai seven-spice seasoning and leave to simmer on a medium heat until the pork is cooked

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

Fish Recipes

Tuna and Potato Bake

Ingredients (Serves 4) Count one serving as one serving of potatoes

- 450g boiled potatoes
- 1 medium onion, sliced
- Juice of ½ lemon
- 555g (approx 3 small cans of tuna fish, drained)
- 4 beaten eggs
- Black pepper
- 2 pinches nutmeg
- Butter/margarine

Method

Boil onion for 10 minutes. Mash the boiled potato and onion together. Add the pepper, nutmeg, lemon juice and beaten eggs. Flake the tuna and stir into the potato mixture.

Place mixture into well-greased ovenproof dish and brush the top with melted butter or margarine. Bake in a hot oven 200°C (Gas mark 6) for about 30 minutes until brown on top.

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

Cod Fillet with Lemon Sauce

Ingredients (Serves 4)

- 4 cod fillets
- Grated rind and juice of 1 lemon
- 1 tbsp cornflour
- 1 tbsp butter or margarine
- 4 tbsp water
- Black pepper

Method

Place lemon juice and rind into a small saucepan with the water and bring to the boil. Mix the cornflour with a little water and add to the saucepan.

Cook, stirring continuously, until thickened. Add pepper to taste. Dot the fish with butter and grill for 5-6 minutes each side.

Serve with boiled or chipped potatoes, (par-boiled before frying or roasting), hot lemon sauce, and a boiled vegetable of your choice.

Baked Trout

Ingredients (Serves 4) Count one serving as one vegetable portion

- 4 medium trout, cleaned
- 150ml/5fl oz dry cider
- 2 bay leaves

Filling

- 1 tablespoon vegetable oil
- 1 small onion, peeled and finely chopped
- 75g/3oz fresh breadcrumbs
- 1 large cooking apple, peeled chopped
- 1 teaspoon grated lemon rind
- 1 teaspoon lemon juice
- 1 tablespoon dried thyme
- 1 tablespoon sunflower seeds
- 3 tablespoons milk
- Freshly ground pepper

Pre-heat oven to 180°C/350°F/gas mark 4

Method

Heat the oil in a large pan and fry the onion over moderate heat for 3 minutes, stirring occasionally.

Remove from the heat and stir in all remaining filling ingredients.

Spoon the filling into the cavities in the trout

Place the fish head-to-tail in a greased, shallow baking dish. Season with salt and pepper and pour over the cider and add the bay leaves.

Bake the fish in the pre-heated oven for 25 minutes, basting with the cider from time to time.

Fish Pie

Ingredients (Serves 4) Count one serving as one serving of potato and vegetable portion

- 400g/14oz fillet of cod (skinned) or 200g/7oz fillets of both cod and salmon or canned tuna fish drained (3 x 185g cans)
- 350ml/ ½ pint milk
- 1 bay leaf

- 10 black peppercorns
- Pepper
- 25g/1oz butter
- 25g/1oz plain flour
- 25g/1oz grated Cheddar cheese
- 2 tablespoons chopped fresh chives
- ½ tablespoon chopped dill (optional)
- 2 teaspoons lemon juice
- 1 hard boiled egg, chopped

Topping:

- 550g/1½lb potatoes, peeled and cut into pieces
- 25g/1oz butter plus 15g/½ oz butter on top
- 2 tablespoons milk

Pre-heat oven to 180°C/350°F/gas mark 4

Method

Put the fish in a saucepan with the milk, bay leaf, peppercorns and parsley and season with pepper. Bring to the boil and then simmer uncovered, for 8-10 minutes. While the fish is cooking, boil the potatoes for the topping in water until soft, (use plenty of cold water). Drain well, then mash together with 25g/1oz of the butter and the milk.

Drain the fish, reserving the cooking liquid. Melt the butter in a saucepan and stir in the flour. Cook gently for one minute, then gradually whisk in the fish liquid and bring to the boil. Simmer the sauce for 2-3 minutes, stirring continuously until smooth. Take off the heat, and stir in the grated cheese until melted. Flake the fish and fold in together with the chives, dill (if using), lemon juice and boiled egg. Season to taste.

Place the fish mixture in an ovenproof dish and top with the mashed potato. Bake in the oven for 15-20 minutes. Dot with the remaining butter, and grill for about two minutes until brown and crispy.

Variation:

If using tuna fish there is no need to cook it first – just flake the tuna into the cheese sauce. Make the cheese sauce with milk rather than fish liquid and add the bay leaf, peppercorns, parsley and pepper.

Vegetarian Recipes

Tomato Pasta

Ingredients (Serves 2) Count one serving of tomato sauce as two vegetable portions from your daily allowance. Do not serve with potatoes

- 1 tbsp olive or vegetable oil
- 1 small onion chopped
- 1 garlic clove crushed
- 1 x 400g tin chopped tomatoes, drained
- Pinch of mixed herbs
- Pinch of black pepper
- Pinch of sugar
- 200g dried pasta

Method

Fry the onion and garlic in the oil. Add the tin of tomatoes, mixed herbs, black pepper and sugar. Simmer for 10-15 minutes.

Serve with the pasta.

Salads and Accompaniments

Mexican Chicken and Pepper Salad

Ingredients (Serves 4) Count one serving as one vegetable portion

- 450g/1lb cooked chicken, cut into strips
- 140ml/ $\frac{3}{4}$ pint mayonnaise
- 140ml/ $\frac{1}{4}$ pint plain fromage frais
- 1 teaspoon chilli powder
- 1 teaspoon paprika
- 2 tablespoons tomato ketchup
- 1 small onion, finely chopped
- 1 green pepper, seeded and finely sliced
- 1 red pepper, seeded and finely sliced
- 180g/6oz sweetcorn, frozen, boiled in water
- 375g/12oz dried pasta, boiled and cooled.

Method

Place the chicken in a large salad bowl. Mix the mayonnaise, fromage frais, spices, tomato ketchup and onion together and leave to stand briefly. Fold the dressing into the chicken.

Add the peppers and sweetcorn and mix gently until all the ingredients are coated with dressing.

Mix with the cooled pasta.

Serve immediately.

Potato Wedges

Ingredients (Serves 4) Count one serving as one potato serving

- 4 medium sized potatoes
- 3 tablespoons vegetable or olive oil

Pre-heat oven to 220⁰C/425⁰F/Gas mark 7.

Method

Peel the potatoes and cut into thick wedges.

Place them in a large pan of cold water. Bring to the boil and boil for 15 minutes. Drain the potatoes and allow to cool. Heat the oil in a shallow oven tin. Add the potato wedges to the hot oil and toss together, coating them in oil.

Cook for 20-30 minutes or until golden brown.

Cous Cous Salad

Ingredients (Serves 2) Count one serving as two vegetable portions

- 125g/4oz dried cous cous
- 1 tablespoon olive oil
- 1 red pepper, seeded and cut into 2cm pieces
- 1 large onion, cut into chunks
- 4 cherry tomatoes, halved
- Handful of fresh basil leaves

Dressing

- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1 tablespoon whole grain mustard

Pre-heat oven to 200⁰C/400⁰F/Gas mark 6.

Method

Cook the cous cous according to the instructions on the packet.

Heat the oil in a roasting tin in the oven. When the oil is hot, add the pepper, onion and the tomatoes.

Roast for about 20 minutes, or until the vegetables are soft.

Stir the vegetables and basil leaves into the cous cous.

Blend the dressing ingredients together and drizzle over the cous cous mixture.

Serve hot or cold.

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If you require a special edition of this leaflet

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