

Delicious Quick and Easy KIDNEY FRIENDLY RECIPES

by Ellen Jackson, Celine Kanos
and Dr Kelly Lambert

Part 1: Main meals

Acknowledgments

We would like to dedicate this book to the late Aditi Patwardhan, Renal Dietitian from Sydney, Australia. Her work as a renal dietitian assisted many people with kidney disease to live better lives.

Thank you to Dr Maria Chan, Lead Renal Dietitian at St George Hospital Sydney for support and advice during this project.

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Introduction

Who is the book for ?

This collection of recipes has been designed for people who have kidney disease but are not undertaking dialysis treatment. This refers to people with an estimated kidney function (eGFR) of 45ml per minute or lower. These stages are often referred to as moderate to severe Chronic Kidney Disease. We have tried to include a variety of recipes from different cultures and use a limited number of ingredients as we know not everyone is a gourmet chef or may not have access to fancy cooking equipment.

What is special about the recipes ?

Each recipe has a nutritional analysis that will tell you if it is suitable for someone who may need to follow a low potassium, low phosphate, low sodium or diabetic diet. If you have been advised to restrict your protein, then the amount of protein in portions is also included.

What can a person with kidney disease ACTUALLY eat ?

Remember, a person with kidney function at this level can still enjoy a diet with:

- 2 pieces of fruit
- 5 handfuls of vegetables
- Wholegrain breads and cereals
- A small portion of protein rich food at the main meal of the day such as fish, chicken, red meat , legumes, eggs or nuts each day.



Introduction

It is important to limit the amount of dairy foods that you eat when you have kidney function at this level. This is because dairy foods (or their non-dairy alternatives) are high in protein, potassium and phosphorus. A diet with no added salt and use of reduced salt packaged foods is also strongly recommended.

The eating plan you need to follow will change as your kidney function changes. Not everyone needs the same combination of changes. Work with your dietitian to understand what the right amount is for you.

Is there anything else we need to know ?

There are several strategies you can use to reduce the potassium or sodium content of meals. For example

1. **Use smart salt swaps** – choose reduced salt versions of products as the first choice, do not add salt at the table, use spice rubs and herbs to add flavour, adapt your own recipes to be lower in salt

2. **Read and understand food labels** so you can make an appropriate food choice. The table below shows that this cereal has 105 mg of sodium per 100g. This makes it a low sodium product. In Australia, low sodium products have less than 120mg per 100g.

Jolly Roger breakfast cereal		
	Per serve 20g	Per 100g
Energy -kilojoules	285	1425
Carbohydrate - grams	16.7	83.5
Protein - grams	3.1	15.5
Fat – grams	5.7	28.5
Fibre – grams	2	10
Sodium - milligrams	21	105



Introduction

3. If you need to follow a low potassium diet, **choose food preparation methods** that can reduce the potassium in the food. For example, chopping hard vegetables into dice sized pieces or small chunks and then boiling vigorously to cook can reduce the potassium content. Do not re-use this water as some of the potassium has leached out of the vegetables. Choose canned vegetables and fruit in water- the potassium will be reduced in the food (just don't drink the liquid). Remember that potassium does not have to be shown on food labels in Australia, so foods can still be high in potassium but not labelled this way.

4. If you need to follow a low potassium diet, **make smart swaps for potassium**. Avoid foods like chocolate, potato chips, fruit juices and strong coffee. These are high in potassium. Use small potatoes instead of large, choose smaller portion sizes of high potassium foods and not large ones, choose lower potassium choices of fruit and vegetables as staples.

We believe it is still possible to eat a nutritious high-quality diet and enjoy foods you love. If you have any questions or want more advice, please contact your nephrologist (kidney doctor) so they can refer you to a renal dietitian.

We welcome any feedback you might have about this cookbook. Please forward this to klambert@uow.edu.au



Technical Information

Each recipe in this book aims to provide less than each nutrient benchmark per serve:

Meal	Sodium mg (mmol)	Potassium mg (mmol)	Phosphate (mg)	Protein (grams)
Main meal	690 (30mmol)	780 (20mmol)	<350mg	<20g
Light meal	460 (20 mmol)	585 (15mmol)	<250mg	<20g
Snacks	230mg (10mmol)	195mg (5mmol)	<50mg	<5g

These are adapted from the NSW Agency for Clinical Innovation Therapeutic Diet Specifications Guide.

All recipes have been analysed using Foodworks Nutrient Analysis software. A standard carbohydrate portion of 15 g is used. For details on protein exchanges, one exchange of protein represents 8g of protein from protein rich foods. This is equivalent to about 30g of cooked meat, chicken or fish; a large egg; 30g of cheese; ½ cup of legumes ;1/4 cup nuts; or 2 tablespoons of seeds. If a person were to eat one main meal, two light meals and three snacks from this recipe book then they would eat no more than 100 mmol sodium, 65 mmol potassium, 1000mg phosphate and 75g protein (about 6 exchanges of protein rich food) each day.

Cook's note: In Australia 1 cup is 250ml, 1 teaspoon is 5g and 1 tablespoon is 20g .

Each recipe includes a comment describing the type of specialised diet it would be suitable for eg This recipe is suitable for:

- ✓ A low potassium diet
- ✓ A low sodium (salt) diet
- ✓ A low phosphate diet if taken with a phosphate binder.
- ✓ A diabetic diet



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Main Meals

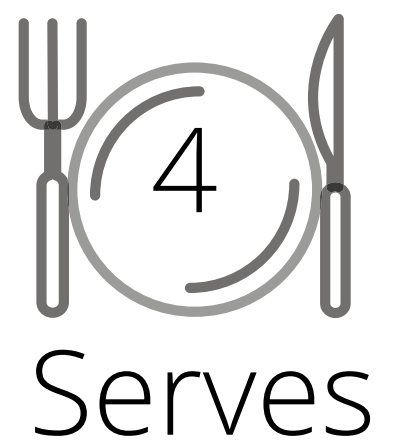




Eggplant and sweet potato curry

Ingredients:

- 2 medium onions, peeled and sliced
- 1 medium eggplant, chopped into 2cm pieces
- 1 medium sweet potato
- 350g of Korma Curry Sauce (Mild)
- 4 serves of white rice



Serves

Instructions:

1. Simmer onion in a little water for just a minute
2. Remove from pan and set aside
3. In a non stick frying pan, fry eggplant until evenly browned
4. Add onions and sweet potato to pan with sweet potato and korma sauce
5. Fill half the empty jar with water and add to pan.
6. Simmer for 20-30 minutes until the potato and eggplant are tender
7. Serve with rice and pappadums.

Nutrient Values Per Serve:

Protein (total): **7g**

Protein rich food exchange: **0**

Carbohydrate: **57g**

Carbohydrate Exchange: **4**

Sodium: **467mg**

Potassium: **641mg**

Phosphate: **147mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



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Cauliflower Soup

Ingredients:

- 300g of fresh cauliflower
- 300g of thickened cream
- 1 tablespoon of oyster sauce



Serves

Instructions:

1. Chop cauliflower into small chunks.
2. Place cauliflower into a saucepan along with 2 cups of water. Cook until tender.
3. Allow to cool. Once cooled place cauliflower and water into a blender.
4. Mix in cream and oyster sauce. Season well and serve.

Nutrient Values Per Serve:

Protein (total) : **0g**

Protein rich food exchange: **0**

Carbohydrate: **7g**

Carbohydrate Exchange: **0.5**

Sodium: **282mg**

Potassium: **258mg**

Phosphate: **79mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Laksa

Ingredients:

- 12 Prawns, peeled and deveined
- 3 tablespoons of Laksa paste (salt reduced)
- 300g of Vermicelli Noodles
- 1 medium Capsicum
- 1 medium Bok Choy
- 1 cup of green beans
- 400ml of Coconut Milk



Serves

Instructions:

1. Soak Vermicelli noodles in hot water until soft, drain and set aside
2. In a saucepan on medium, heat the Laksa paste until fragrant and add the coconut milk and 1 cup of water. Bring to the boil.
3. Add in the boy choy, capsicum and green beans to saucepan.
4. Add in prawns and noodles. Reduce to a simmer for 3 - 5 minutes. Serve warm.

Nutrient Values Per Serve:

Protein (total): **12g**

Protein rich food exchange: **1.5**

Carbohydrate: **27g**

Carbohydrate Exchange: **2**

Sodium: **611mg**

Potassium: **577mg**

Phosphate: **167mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Chicken and Veggie Patties

Ingredients:

- 300g of Chicken Mince
- 1/4 of a cup of zucchini
- 1/4 of a cup of carrot
- 1/2 a cup of instant oats
- 100g of sweet potato, mashed
- Side Salad:
 - 4 cups of iceberg lettuce, chopped
 - 1 medium cucumber, chopped
 - 2 spring onions, chopped
 - 12 cherry tomatoes



Serves

Instructions:

1. Combine all pattie ingredients in a large bowl and mix well.
2. Shape mixture into patties.
3. Heat a frying pan over medium heat (with a drizzle of olive oil), cooked patties for 3 - 4 minutes or until cooked through.
4. Serve with side salad.

Nutrient Values Per Serve:

Protein (total) : **14g**

Protein rich food exchange: **1.5**

Carbohydrate: **14g**

Carbohydrate Exchange: **1**

Sodium: **75mg**

Potassium: **630mg**

Phosphate: **257mg**

Suitable for:

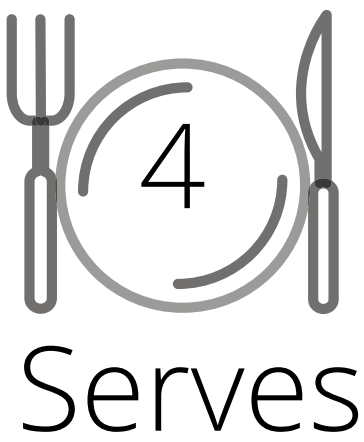
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Tangy Lamb Balls

Ingredients:

- 400g of lamb mince
- 1 teaspoon of curry powder
- 3 tablespoon of sweet chilli sauce
- 1 lemon, juiced
- Side Salad
 - 4 cups of iceberg lettuce, chopped
 - 1 medium cucumber, chopped
 - 1 medium avocado, sliced
 - 2 spring onion, chopped



Instructions:

1. Combine all ingredients in a large bowl and mix well.
2. Roll mixture into balls.
3. Fry in pan over medium heat with a drizzle of olive oil until cooked through and crunchy on the outside.
4. Combine all ingredients of side salad and serve together

Nutrient Values Per Serve:

Protein (total): **20g**
Protein rich food exchange: **2.5**
Carbohydrate: **14g**
Carbohydrate Exchange: **1**
Sodium: **356mg**
Potassium: **678mg**
Phosphate: **245mg**

Suitable for:

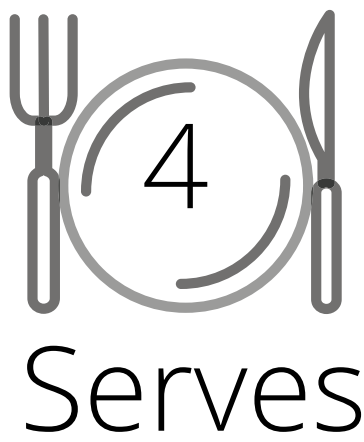
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Pork in Plum Sauce

Ingredients:

- 250g of pork fillets, cubed
- 90mL of Plum Sauce
- 1 tablespoon of Worcestershire
- 2 tablespoons of Sweet Chilli Sauce
- 1 tablespoon of fresh ginger
- 2 cloves of garlic
- 1 tablespoon of peanut oil
- 100g of snow peas
- 1 medium carrot, chopped
- 1/2 a capsicum, chopped
- 90mL of chicken stock (salt reduced)
- 350g of soba noodles, boiled



Instructions:

1. Combine sauces, ginger and garlic.
2. Combine half of the sauce mixture in a bowl with the pork.
3. Heat oil in a wok over medium heat, fry pork in batches until lightly golden.
4. Add in vegetables and cooked noodles. Heat until vegetables are cooked through.
5. Stir in pork and serve.

Nutrient Values Per Serve:

Protein (total) : **23g**
Protein rich food exchange: **3**
Carbohydrate: **51g**
Carbohydrate Exchange: **3.5**
Sodium: **665mg**
Potassium: **608mg**
Phosphate: **236mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Beef & Sweet Potato Burgers

Ingredients:



- 250g of minced beef
- 350g of sweet potato, mashed
- 15g of flat leaf parsley, finely chopped
- 1 medium zucchini, grated
- 2 cloves of garlic, minced
- 1 egg, lightly beaten
- 6 hamburger rolls
- 3 cups of lettuce, chopped
- Half a capsicum, sliced
- Half a cucumber, sliced
- 1 onion, chopped
- Mayonaise to serve

Instructions:

1. Combine beef, sweet potato, parsley, zucchini, garlic and egg and mix well.
2. Form 6 patties, coating hands in plain flour to help.
3. Cook over medium heat in a frying pan drizzled with olive oil for 5 minutes on each side.
4. Create burgers by adding patties and other ingredients to each hamburger bun.

Nutrient Values Per Serve:

Protein (total) : **14g**

Protein rich food exchange: **1**

Carbohydrate: **48g**

Carbohydrate Exchange: **3**

Sodium: **414mg**

Potassium: **644mg**

Phosphate: **248mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

Mediterranean Pan Baked Prawns and Veggies



Ingredients:

- 500g of asparagus
- 250g of cherry tomatoes
- 1 medium brown onion
- 500g of fresh prawns, peeled
- the juice of 1/2 a lemon
- For the sauce:
 - 1/3 of a cup of extra virgin olive oil
 - 1/4 of a cup of white wine vinegar
 - 1 teaspoon of fresh ginger, grated
 - 1 teaspoon of ground cumin

Instructions:

1. Add all sauce ingredients into a small bowl and whisk to combine.
2. Place chopped vegetables on a large sheet pan.
3. Pour roughly 1/4 of the sauce on top and toss until vegetables are well coated.
4. Spread the vegetables out and bake for 10 - 12 minutes.
5. In a large bowl add the prawns and the remainder of the sauce, toss until prawns are well coated.
6. Add the prawns to the tray of veggies and cook for a further 5 minutes.
7. Remove from oven and drizzle with olive oil and lemon juice. Serve warm with rice.

Nutrient Values Per Serve:

Protein (total) : **25g**

Protein rich food exchange: **3**

Carbohydrate: **4g**

Carbohydrate Exchange: **0.3**

Sodium: **301mg**

Potassium: **652mg**

Phosphate: **198mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet (If accompanied with a carbohydrate rich food)

Aku Poke

Ingredients:

- 650g of tuna
- 120g of fresh seaweed
- 1 teaspoon of chilli flakes
- 1 teaspoon of spring onion, finely chopped
- 1 small red onion, diced
- 1 teaspoon of sesame oil
- 1 teaspoon of fresh ginger
- 1 teaspoon of sea salt



Instructions:

1. Combine all ingredients in a bowl and marinate in the fridge for at least 30 minutes.
2. Serve cool and enjoy!

Nutrient Values Per Serve:

Protein (total) : **19g**

Protein rich food exchange: **2**

Carbohydrate: **1g**

Carbohydrate Exchange: **0**

Sodium: **331mg**

Potassium: **460mg**

Phosphate: **182mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet (If accompanied with a carbohydrate rich food)

Basil Pesto Pasta

Ingredients:

- 375g of pasta
- 2 cups of fresh basil
- 2 - 3 cloves of garlic
- 1/4 of a cup of pine nuts
- 1/4 of a cup of parmesan cheese
- 1/3 of a cup of olive oil



Instructions:

1. Cook the pasta according to the directions on the packet.
2. Roughly chop the basil, garlic and pine nuts.
3. Blitz in food processor or blender with the olive oil until smooth.
4. Serve warm over the pasta.

Nutrient Values Per Serve:

Protein (total) : **8g**

Protein rich food exchange: **1**

Carbohydrate: **24g**

Carbohydrate Exchange: **1.5**

Sodium: **110mg**

Potassium: **251mg**

Phosphate: **184mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Beef and Barley Casserole

Ingredients:

- 250g of trimmed beef
- 2/3 of a cup of pearl barley
- 1 1/2 tablespoons of plain flour
- 1 brown onion
- 1 medium stalk of celery
- 1 clove of garlic, crushed
- 1 medium carrot
- 2 stock cubes (salt reduced)
- 2 bay leaves
- 1 teaspoon of mixed herbs
- 1 tablespoon olive oil



Serves

Instructions:

1. Soak barley in 2 cups of water for 1 hour.
2. Add flour, black pepper and meat into a ziplock bag. Shake to coat meat.
3. Heat oil in a large saucepan, brown the beef and then remove from saucepan.
4. Saute onion, garlic and celery in the pan.
5. Add 1 litre of water and the stock cubes, bring to a boil. Return beef to the saucepan, add bay leaves and bring to a simmer.
6. Drain and rinse barley, add to the saucepan. Cover and cook for 1 hour, stirring every 15 minutes.
7. Add the carrots and mixed herbs and simmer for another hour.

Nutrient Values Per Serve:

Protein (total): **15g**

Protein rich food exchange: **2**

Carbohydrate: **28g**

Carbohydrate Exchange: **2**

Sodium: **385mg**

Potassium: **509mg**

Phosphate: **222mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Steamed Fish

Ingredients:

- 1 medium sized whole white flesh fish (e.g Barramundi)
- 1/2 a lemon
- 1/2 a teaspoon of salt
- 0.5 a tablespoon of fresh ginger
- 3 stalks of spring onions
- 1/4 of a cup of soy sauce
- 2 tablespoons of sesame oil



Instructions:

1. Lightly salt and place ginger in the fish cavity. Place the piece of fish on aluminum foil and curl the sides up towards the fish. Squeeze lemon juice over the fish.
2. Place the fish on top of the steamer rack and add water to the bottom (about 2.5cm)
3. Cover steamer and when water begins to boil steam for 10 - 15 minutes.
4. When the fish is fork tender, remove from the steamer and set aside.
5. In a small saucepan heat together the liquid from the fish, soy sauce and sesame. Pour over fish.
6. Slice the spring onions and use them to garnish the fish. Serve warm and enjoy!

Nutrient Values Per Serve:

Protein (total) : **8g**

Protein rich food exchange: **1**

Carbohydrate: **0.5g**

Carbohydrate Exchange: **0**

Sodium: **481mg**

Potassium: **281mg**

Phosphate: **270mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet (If accompanied with a carbohydrate rich food)



Chicken with Long Rice

Ingredients:

- 2 cups of chicken breast or chicken thighs
- 250g of long rice
- 1/2 a brown onion
- 4 cloves of fresh garlic
- 1/4 cup of fresh ginger
- 1 cup of corn
- 1 cup of carrot
- 1 cup of cabbage
- 1/3 of a cup of salt reduced soy sauce
- 8 cups of water (for desired consistency)



Instructions:

1. Soak long rice until it is soft enough to cut
2. Cook the chicken breast in olive oil on medium heat until tender.
3. Add the garlic, ginger and onion. Cook for a furth 2 minutes.
4. Add the long rice, 1 cup of water and the soy sauce. Put the lid and cook for 3 minutes.
5. Stir and add the rest of the liquid until the long rice thickens.
6. Add in the vegetables and mix to combine. Cook for another 3 minutes.
7. Serve warm!

Nutrient Values Per Serve:

Protein (total) : **12g**

Protein rich food exchange: **1**

Carbohydrate: **22g**

Carbohydrate Exchange: **1.5**

Sodium: **485mg**

Potassium: **445mg**

Phosphate: **182mg**

Suitable for:

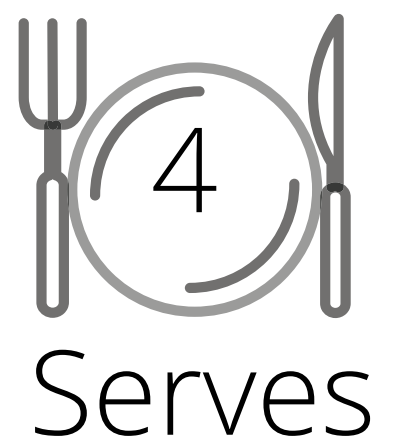
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Fish Stir Fry

Ingredients:

- 230g of fresh tuna steak cubed
- 1 medium cucumber
- 1 cup of cabbage
- 1 cup of green beans
- 1 cup of brown onion
- 4 tablespoons of vegetable oil
- 2 cloves of fresh garlic
- 1 teaspoon of ginger



Instructions:

1. Chop up all the vegetables.
2. Add oil to a medium sized fry pan over medium heat.
3. Place onion in the pan, cook for 1 minute. Add vegetables and stir to combine.
4. Add in fish, garlic and ginger. Cook for 1 minute.
5. Serve warm.

Nutrient Values Per Serve:

Protein (total): **15g**

Protein rich food exchange: **2**

Carbohydrate: **8g**

Carbohydrate Exchange: **0.5**

Sodium: **41mg**

Potassium: **735mg**

Phosphate: **194mg**

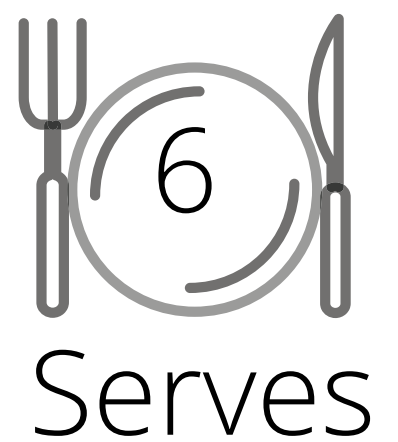
Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

Eggplant curry with tuna

Ingredients:

- 3 cups spinach
- 2 medium eggplants
- 2 Tbsp vegetable oil
- 1 onion, finely chopped
- 2 Tbsp red curry paste and 1 cup water
- 1 chilli pepper, finely chopped
- 1 kaffir lime leaf, roughly chopped
- 400g can tuna, drained



Instructions:

1. Wash the spinach and remove the hard stems
2. Slice the eggplant into 2cm bite-size pieces
3. In a saucepan, heat the oil and fry onion until soft. Add the red curry paste and cook for 1 minute, then add the water and mix well
4. Add the eggplant, chilli and kaffir lime leaves. Cook for 20 minutes or until the eggplant is cooked
5. Add the spinach and fish. Cook until the spinach is wilted and the fish is warm through

Nutrient Values Per Serve:

Protein (total): **21g**
Protein rich food exchange: **3**
Carbohydrate: **6g**
Carbohydrate Exchange: **0.3**
Sodium: **612mg**
Potassium: **610mg**
Phosphate: **198mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet (with an accompanied carbohydrate)



Polenta and Zucchini Lasagna

Ingredients:



- 1 cup uncooked polenta
- 3 medium zucchinis
- 575g Leggo's pasta bake creamy tomato and mozzarella sauce
- 2 cups shredded mozzarella

Instructions:

- 1.Add 1 cup of polenta to 4 cups of boiling water, stir frequently until thick. Remove and allow to cool for 5 minutes.
- 2.Roughly divide polenta into a quarter and use the first quarter to line the bottom of a rectangular baking dish.
- 3.Cover the polenta with pasta sauce., zucchini and a third of the cheese. Season.
- 4.Continue for another 3 layers, ensuring last layer is mozzarella.
- 5.Bake in a 180C oven for 30mins or until cheese is nice and brown on top.

Nutrient Values Per Serve:

Protein (total) : **16g**
Protein rich food exchange: **2**
Carbohydrate: **28g**
Carbohydrate Exchange: **2**
Sodium: **681mg**
Potassium: **441mg**
Phosphate: **269mg**

Suitable for:

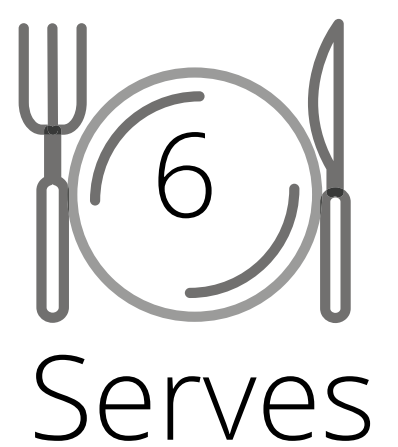
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Spicy chicken stir-fry

Ingredients:

- 400g chicken breast
- 2 cloves Fresh garlic
- 1 tb Fresh ginger
- 1/2 tsp Chinese five spices
- 1/2 tsp ayam Sambal Oelek
- 2 medium zucchini
- 100g dried noodles
- 2 tsp olive oil
- 2 medium onions
- 1 medium carrot
- 1th sweet chili sauce
- 60ml tap water



Instructions:

1. Combine chicken, ginger, five spice and sambal oelek in a bowl. Cover, refrigerate 30 minutes.
2. Add noodles to large pan of boiling water, boil, uncovered, until just tender, drain, rinse under cold water, drain.
3. Heat half the oil in wok or large pan, stir-fry chicken until well browned.
4. Heat remaining oil in wok, add onion, capsicum, carrot, water, cook, stirring well.
5. Add noodles, mix well.

Nutrient Values Per Serve:

Protein (total) : **12g**

Protein rich food exchange: **1.5**

Carbohydrate: **21g**

Carbohydrate Exchange: **1.5**

Sodium: **150mg**

Potassium: **471mg**

Phosphate: **232mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Suruwa - Coco fish lolo

Ingredients:

- 2 Tbsp vegetable oil
- 1 large onion, finely diced
- 1 Tbsp fresh ginger, crushed
- 4 cloves garlic, crushed
- 2 Tbsp curry powder
- 1 cup water
- ½ cup lite coconut cream
- 600g fish fillets
- 200g bok choy, washed and chopped
- 1 large tomato, diced
- ¼ cup fresh coriander, chopped



Instructions:

1. Heat oil in a medium-sized saucepan
2. Add onion and cook slowly until soft
3. Add ginger, garlic and curry powder and continue to cook for another minute
4. Add water and coconut cream and cook gently for 10 minutes
5. Add fish, bok choy and tomato, and cook for approximately 5 minutes or until the fish is cooked through
6. Sprinkle with coriander before serving

Nutrient Values Per Serve:

Protein (total): **23g**

Protein rich food exchange: **3**

Carbohydrate: **4g**

Carbohydrate Exchange: **0.3**

Sodium: **122mg**

Potassium: **657mg**

Phosphate: **291mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet
- ✓ (accompanied with a carbohydrate rich food)



Sweet and sour pork

Ingredients:

- 425g canned pineapple pieces in juice
- 2 tsp soy sauce, reduced-salt
- 1 ½ Tbsp vinegar
- 1 ½ Tbsp lite tomato paste
- 2 tsp brown sugar
- 1 tsp fresh ginger, grated
- 1 Tbsp cornflour
- 1 Tbsp vegetable oil
- 500g lean pork, sliced
- 1 medium onion, sliced
- 1 pepper, chopped
- 2 medium carrots, peeled and sliced
- ½ head broccoli, cut into florets
- 1 cup cabbage, shredded



Serves

Instructions:

1. Place pineapple (with juice) soy sauce, vinegar, tomato sauce, brown sugar and ginger in a saucepan and heat until simmering
2. Wet the cornflour with a little water. Slowly pour the cornflour mixture into the simmering sauce, stirring constantly until it reaches the desired thickness. Remove from the heat
3. Heat oil in a large frying pan or wok. Add the pork and brown, then remove from the pan and set aside
4. Add the vegetables to the pan and cook until tender
5. Add the pork back into the pan with the sweet and sour sauce, and heat through

Nutrient Values Per Serve:

Protein (total) : **26g**

Protein rich food exchange: **3**

Carbohydrate: **16g**

Carbohydrate Exchange: **1**

Sodium: **145mg**

Potassium: **786mg**

Phosphate: **243mg**

Suitable for:

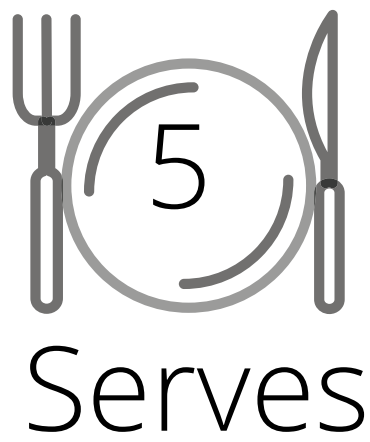
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Vegetable Curry

Ingredients:

- 1 teaspoon cumin seeds, whole
 - 1 teaspoon coriander seeds, whole
 - 1 teaspoon mustard seeds, whole
 - ¼ teaspoon black peppercorns, whole
 - 1 teaspoon fennel seeds, whole
 - 2 cups basmati rice
 - 1 tablespoon canola oil
 - 1 (2-inch) piece of ginger, finely grated
 - 1 teaspoon turmeric
 - ½ teaspoon hot chili flakes
 - 1 medium onion, quartered
 - 1 cup green peas, frozen
 - 1 medium carrot, diced
 - 1½ cups cauliflower, cut into bite-sized florets
 - 1 cup coconut milk



Instructions:

- 1.Heat the dry spices in a cast iron skillet over low to medium heat for 2 minutes.
- 2.While the spices are heating, cook the rice per the package directions.
- 3.Add coconut oil and sauté over low to medium heat until the spices are slightly browned and popping, about 2-3 minutes.
- 4.Add ginger, turmeric and hot chili flakes. Cook over low to medium heat for 6 minutes, until aromatic.
- 5.Remove from heat and blend the cooked spices into a paste in a blender with the onion.
- 6.In a separate pan, heat the coconut milk until bubbling. Add the spice paste and whisk together to combine thoroughly. Add the prepared vegetables and simmer until they are just tender, about 10 minutes.
- 7.Serve one cup of curry over rice

Nutrient Values Per Serve:

Protein (total): **4g**
 Protein rich food exchange: **0**
 Carbohydrate: **69g**
 Carbohydrate Exchange: **4.5**
 Sodium: **51mg**
 Potassium: **407mg**
 Phosphate: **116mg**

Suitable for:

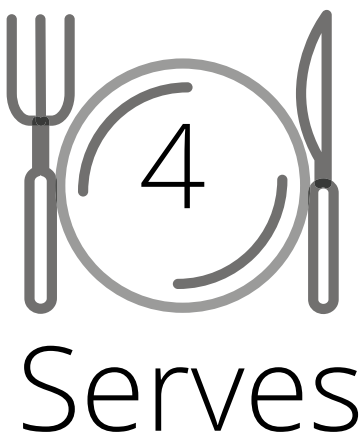
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet (serve small portion rice)



Moroccan Lamb Tagine and Couscous

Ingredients:

- Spice Mix: 1/2 a teaspoon of ground cinnamon, ginger, coriander and tumeric, 1 teaspoon of black pepper, 3 tablespoons of water
- 250g of lamb shoulder
- 2 tablespoons of olive oil
- 1 onion, diced
- 1 garlic clove, minced
- 300 mL of low sodium vegetable stock
- 1 tablespoon of honey
- Couscous:
 - 200g of couscous
 - 300 mL of boiling water
 - the zest and juice of 1/2 of half a lemon
 - 50 mL of olive oil
 - 1 tablespoon of fresh parsley, roughly chopped
 - 1 tablespoon of fresh coriander, roughly chopped
 - Pinch of black pepper



Instructions:

1. Combine the spices with the water and coat the lamb in the marinade and let rest in the fridge for 1 hour.
2. Heat a deep pan at medium heat with a drizzle of olive oil and cook the lamb until golden brown.
3. Add the onion and the garlic to the pan. Add the stock and bring to a boil. Then cover the pan and simmer for 1 and a 1/2 hours.
4. Pour couscous to a saucepan and cover with boiling water. Add in lemon zest and set aside until grains swell. Turn on a low heat and add in the lemon juice and olive oil, heat for 2 minutes. Using a fork fluff the couscous. Stir through chopped herbs and pepper. Serve together with the lamb.

Nutrient Values Per Serve:

- Protein (total) : **20g**
- Protein rich food exchange: **2.5**
- Carbohydrate: **26g**
- Carbohydrate Exchange: **1.5**
- Sodium: **244mg**
- Potassium: **408mg**
- Phosphate: **202mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Ivory Coast Fish Soup

Ingredients:

- 300g of white fish fillets
- 2 small eggplants, diced
- 1 small onion, finely diced
- 5 cloves of garlic, minced
- 1 tablespoon of tomato paste
- 1 small fresh red chilli
- 1 reduced salt stock cube



Serves

Instructions:

1. Add the eggplant to a pot of water and bring to the boil. Cook for 10 minutes. Drain and set aside
2. Place all ingredients except the stock cube into a large pot and cover with water, and simmer for 45 minutes.
3. Add the stock cube to the pot, continue to simmer until soup has thickened to a desired consistency.
4. Serve warm with a side of boiled rice.

Nutrient Values Per Serve:

Protein (total) : **15g**

Protein rich food exchange: **2**

Carbohydrate: **7g**

Carbohydrate Exchange: **0.5**

Sodium: **251mg**

Potassium: **634mg**

Phosphate: **253mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet
(accompanied with a carbohydrate)



Feta and Cherry Tomato Pasta

Ingredients:

- 100g of danish feta
- 200g of cherry tomatoes, halved
- 2 cups of your pasta of choice
- 2 teaspoons of dried oregano
- 2 cloves of fresh garlic, chopped finely
- 1 tablespoon of olive oil



Serves

Instructions:

1. Preheat the oven to 180°C.
2. Roast 1 punnet cherry tomatoes along with the olive oil and garlic for 20 minutes.
3. Add to roasting tray the danish feta and continue roasting for 10 more minutes.
4. Once roasted, squash with a fork to combine
5. Add to fresh boiled pasta and mix through. Serve warm

Nutrient Values Per Serve:

Protein (total) : **11g**

Protein rich food exchange: **1.5**

Carbohydrate: **66g**

Carbohydrate Exchange: **4.5**

Sodium: **616mg**

Potassium: **446mg**

Phosphate: **307mg**

Suitable for:

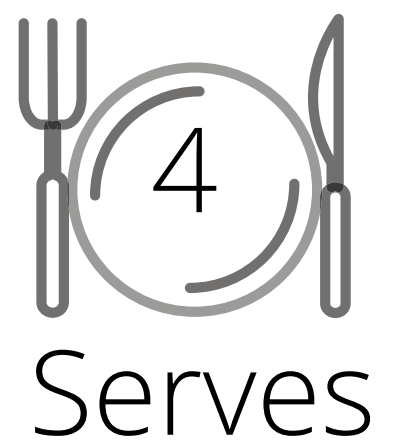
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet (reduce pasta portion size)



Zucchini stir-fry

Ingredients:

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 teaspoon cumin seeds
- 2 zucchinis
- 1/2 cup red onion
- 1 teaspoon black pepper
- 1 tablespoon lemon juice
- 1/4 cup fresh coriander



Serves

Instructions:

1. Peel and slice zucchini and onion. Chop coriander.
2. Heat butter and olive oil in a nonstick skillet over medium heat.
3. Sauté cumin seeds to brown.
4. Add zucchini and onion and sprinkle with black pepper. Stir a few times to mix.
5. Cover and cook for approximately 5 minutes to medium tenderness, stirring a few times.
6. Add lemon juice and chopped coriander. Mix, cook another minute and serve.

Nutrient Values Per Serve:

Protein (total) : **0g**
Protein rich food exchange: **0**
Carbohydrate: **3g**
Carbohydrate Exchange: **0**
Sodium: **26mg**
Potassium: **261mg**
Phosphate: **48mg**

Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet (if served with a carbohydrate)



Lemon Grass Chicken

Ingredients:

- 1 80g tube of gourmet garden lemongrass paste
- 2 cloves garlic
- 1/4 of a cup lime juice
- 2 teaspoon fish sauce
- 2 teaspoons brown sugar
- 1/2 a teaspoon chili sauce
- 250g of chicken tenderloins, sliced
- 2 teaspoons of Canola oil
- 2 serves of white rice
- 1 medium cucumber, sliced



Serves

Instructions:

1. Combine oil, lime juice, fish sauce, garlic, lemongrass paste, brown sugar and chilli sauce in a medium size bowl.
2. Add chicken and ensure each piece is coated well in the marinade.
3. Refrigerate for 1 - 2 hours.
4. Pan fry or grill over medium heat until golden brown.
5. Serve with the rice and cucumber.

Nutrient Values Per Serve:

Protein (total): **12g**

Protein rich food exchange: **1**

Carbohydrate: **51g**

Carbohydrate Exchange: **4**

Sodium: **304mg**

Potassium: **482mg**

Phosphate: **225mg**

Suitable for:

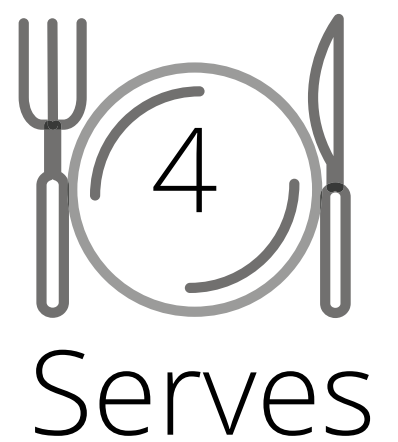
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



Lamb and Lentil Rice Pillaf

Ingredients:

- 200g of lamb mince
- 1 medium brown onion
- 2 cloves of garlic
- 2 tablespoons of olive oil
- 400g tin of lentils
- 1 cup of basmati rice
- 4 1/2 cups of silverbeet
 - Spice Mix: 2 teaspoons of ground coriander, 2 1/2 teaspoons of ground cumin, 1/2 a teaspoons of cinnamon, 1/2 a teaspoon of chilli powder, 1/2 a teaspoon of sea salt, 1 1/2 teaspoon of black pepper , 1 teaspoon of sugar



Serves

Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the garlic and onion cook until fragrant (about 2 - 3 minutes)
2. Add the lamb and cook until browned, combine the spice mix and add to the pot cooking for 30 seconds until the spices are mixed through the meat. Add 1/2 the silverbeet to the pot and allow to slightly wilt.
3. Add the rice, water and lentils stirring to combine. Bring to simmer, put the lid on and cook for another 10 minutes until the water is absorbed.
4. Remove the pot from the heat and add the remaining silverbeet, then put the lid back on and let sit for a further 10 minutes. Remove the lid, stri through and fluff up rice. Serve warm and enjoy

Nutrient Values Per Serve:

Protein (total): **18g**

Protein rich food exchange: **2**

Carbohydrate: **32g**

Carbohydrate Exchange: **2**

Sodium: **596mg**

Potassium: **411mg**

Phosphate: **204mg**

Suitable for:



Low sodium



Low phosphorous



Low potassium



Low protein



Diabetic diet

Thai Kangaroo and Saltbush Salad

Ingredients:

- 200g of kangaroo fillet
- 1 tablespoon of soy sauce
- 1 tablespoon of sesame oil
- 200g of vermicelli noodles
- 1/4 of a cup of sunflower oil
- 2 cloves of garlic, minced
- 75g of macadamia nuts, roughly chopped
- 1/2 a teaspoon of ground cumin
- 1/2 a teaspoon of ground coriander
- 6 medium cherry tomatoes, halved
- 4 spring onions, chopped
- 1 small red chilli, finely diced
- 1/2 a cup of fresh basil, chopped
- 1/2 a cup of fresh mint, chopped
 - Dressing: Juice from 1 fresh lime , 2 tablespoons of soy sauce , 1 tablespoon of sunflower oil , 2 teaspoons of castser sugar



Instructions:

1. Combine kangaroo, soy sauce and 1 tablespoon of oil in a bowl and let marinate for at least 30 minutes.
2. Cook vermicelli noodles according to the instruction on the packet.
3. Heat a fry pan over medium heat and the 1/8 cup of oil, add garlic and cook until fragrant. Add macadamia nuts, cumin and coriander. Cook for 2 - 3 minutes, use a slotted spoon to transfer to paper towel to slightly drain the oil. Use the other 1/8 of a cup of oil to add to the pan to cook the kangaroo. Cook for 2 -3 minutes on each side, transfer to a plate to rest for 10 minutes and then slice thinly.
4. Combine all dressing ingredients and whisk until well combined.
5. Add all salad ingredients to a serving dish and drizzle with dressing.

Nutrient Values Per Serve:

Protein (total): **11g**

Protein rich food exchange: **1.5**

Carbohydrate: **48g**

Carbohydrate Exchange: **3**

Sodium: **640mg**

Potassium: **524mg**

Phosphate: **239mg**

Suitable for:



Low sodium



Low phosphorous



Low potassium



Low protein



Diabetic diet



Kangaroo with Horseradish and Rocket Salad



Ingredients:

- 250g of Kangaroo loin
- 1/2 a cup of sour cream
- 2 tablespoons of horseradish
- a pinch of caster sugar
- 2 tablespoons of olive oil
- Juice of 1/2 a lemon
- 4 cups of rocket
- 2 tablespoons of baby capers
- 4 red radishes, sliced
- 1/2 a cup of parsley leaves, roughly chopped

Instructions:

1. Coat kangaroo meat with 1 tablespoon of olive oil and season to taste.
2. Heat a grill or barbecue to high and grill the meat for 2 -3 minutes on each side for rare or cook to your liking.
3. Transfer to a tray and cover with foil to rest.
4. Combine sour cream and horseradish together and set aside.
5. Whisk the left over oil and lemon juice in a seperate bowl.
6. Spread the sour cream mixture over a serving plate. Add the rocket, radishes, capers and parsley. Lay the Kangaroo meat on top.
7. Drizzle with lemon olive oil and serve.

Nutrient Values Per Serve:

Protein (total): **13g**

Protein rich food exchange: **1.5**

Carbohydrate: **2g**

Carbohydrate Exchange: **0**

Sodium: **147mg**

Potassium: **586mg**

Phosphate: **237mg**

Suitable for:



Low sodium
Low phosphorous
Low potassium
Low protein
Diabetic diet
(accompanied with a carbohydrate rich food)



Bocconcini pasta salad

Ingredients:

- 170 g fusilli pasta
- 2 Tsp pine nuts
- 100g Bocconcino
- 1 onion
- 210g cherry tomatoes
- ½ cucumber diced
- 1 yellow capsicum
- 1 can of baby artichoke
- 2 Tsp olive oil
- 2 Tsp pesto or 10g fresh basil.



Serves

Instructions:

1. Cook the pasta according to the instructions. Drain and let cool down.
2. Meanwhile, in a small pan, roast the pine nuts for 5mns (optional).
3. In a big bowl, combine the bocconcini with the oil and the pesto. Add the pasta, pine nuts and the rest of the ingredients.
4. Mix well

Nutrient Values Per Serve:

Protein (total): **4g**

Protein rich food exchange: **0.5**

Carbohydrate: **37g**

Carbohydrate Exchange: **2.5**

Sodium: **197mg**

Potassium: **540mg**

Phosphate: **264mg**

Suitable for:



Low sodium



Low phosphorous



Low potassium



Low protein



Diabetic diet



Egg and Asparagus Pasta

Ingredients:

- 300g of pasta of choice
- 2 tablespoons of olive oil
- 1 tablespoon of salt reduced margarine
- 2 cloves of garlic, crushed
- 8 spears of asparagus
- 1 cup of frozen peas, thawed
- 80g of fresh rocket
- 1/3 of a cup of parmesan cheese
- 4 shallots, chopped
- 4 eggs, soft poached or boiled
- A pinch of pepper



Serves

Instructions:

1. Boil pasta until al dente.
2. Heat olive oil and margarine in a frying pan over medium heat. Sauté garlic and asparagus until asparagus is softened. Remove asparagus from pan and chop into 3cm pieces.
3. Add the peas, rocket and pepper to the pan. Add the pasta once cooked and toss in through.
4. Divide pasta into 4 bowls and top with equal parts of asparagus, parmesan cheese and shallots. Add a soft egg to each bowl, break the yolk and stir through the pasta.

Nutrient Values Per Serve:

Protein (total): **13g**

Protein rich food exchange: **1.5**

Carbohydrate: **59g**

Carbohydrate Exchange: **4**

Sodium: **116mg**

Potassium: **416mg**

Phosphate: **268mg**

Suitable for:



Low sodium



Low phosphorous



Low potassium



Low protein



Diabetic diet (reduce pasta portion)

Conclusion of Part 1

Here are a few final tips from the patients who reviewed this work.

1. Remember variety is the spice of life and it helps you stick to the kidney diet. Try kebabs instead of a steak, mince instead of a fillet, legumes instead of meat, chicken or fish
2. Make contact with a renal dietitian early in your kidney diet journey – they can help guide you about what you CAN eat – it is not all gloom and doom
3. Taste changes are common in people with kidney disease. You may want to rinse your mouth out regularly with a solution of sodium bicarbonate and water. This helps rinse out the toxins that accumulate as kidneys start to fail, and can turn you off food or cause food aversions.
4. Read the food labels to look for hidden sodium – this helps when you need to stick to a fluid restriction

Please share any recipe ideas or inspiration you have with us on Facebook – join the “kidney diet recipe ideas” group or email klambert@uow.edu.au

Don't forget to look at part 2.

