

Low potassium recipe ideas, pasta, rice & noodle dishes

Information for patients



Introduction

When following a low potassium diet, the dietitian will explain that pasta, rice and noodles are useful alternatives to potatoes as they are lower in potassium.

When we discuss using these alternatives we are often asked;

'What can you add to pasta when you can't eat tomatoes?'

'I don't know what to have with rice. Do you have any suggestions?'

This recipe book aims to help answer these questions. It includes a range of main meal ideas that may give you some new suggestions while following a low potassium diet.

Potassium

All these recipes are suitable for someone following a low potassium diet and can be enjoyed by the whole family. It is important that the ingredients are used in the quantities stated. It is also important to note the number of servings the recipe makes.

Nutritional information

The energy (calorie) content of an individual serving will be included at the end of each recipe. It will state when the calories from pasta, rice and noodles are not included. This information can be calculated from the packaging of your chosen product.

The salt content of an individual serving will also be included at the end of each recipe. All patients with kidney disease are

advised to follow a low salt diet. Many foods included in these recipes have salt naturally in them or added to them during the manufacturing process. Additional salt is not required but instead flavour can be added by using herbs, spices, garlic and black pepper.

Top tips for lowering the salt content of the recipe

- When stock cubes are required, try to choose low salt stock cubes e.g. Kallo very low salt organic stock cubes, Knorr reduced salt stock cubes and Heinz Cook at Home stock cubes
- When the recipe includes tinned tuna, choose tuna in spring water rather than brine
- If the recipe includes olives, use olives in oil rather than brine

Contents

	Page
Pasta	6
Quick tomato sauce (V)	7
Spaghetti bolognese	8
Mediterranean meatballs	9
Tomato and mascarpone cheese sauce (V)	10
Tuna pasta bake	11
Even quicker basil pesto (V)	12
Pesto pasta with leeks and peas (V)	13
Pesto pasta with chicken and sugar-snaps peas	14
Pesto pasta with tuna and broccoli	15
Spaghetti carbonara	16
Herby cream courgette pasta (V)	17
Salmon and spring vegetable pasta	19
Lemon, tuna and broccoli pasta	20
Creamy garlic chicken pasta	21

Rice <i>(Please do not freeze dishes containing rice)</i>	Page
Roast chicken and pea risotto	22
Haddock and leek risotto	23
Paella	24
Chilli mince	25
Red lentil dhal (V)	27
Chicken curry	29
How to make a Chapatti	31
Pork Stroganoff	32
Kedgeree	34
Noodles	
Sweet and sour pork stir-fry	36
Honey and beef noodles	37
Other	
Chicken fajitas	38
Tabbouleh (V)	40
Couscous salad (V)	42

V = suitable for vegetarians

Pasta

Pasta is generally a quick and simple meal to prepare, often containing only a few ingredients.

There are many different types of pasta available. This recipe book suggests using plain pasta such as spaghetti, tagliatelle, penne and fusilli. Using filled pasta such as ravioli is not recommended as this is likely to increase the potassium content of the recipe.

Great accompaniments to pasta include:

- Garlic bread
- A side salad

A side salad can include any five of the following:

- 4 slices cucumber
- 1 gherkin
- 3-4 small pickled onions
- 2 rings green or red pepper
- 2 radishes
- 3 leaves lettuce
- 2 spring onions
- 4 slices pickled beetroot
- A bunch of watercress

Plus one small tomato

Quick tomato sauce (serves 4)

Many shop bought tomato sauces are rich in potassium, because they often contain tomato puree. The following recipe can be enjoyed with pasta when following a low potassium diet.

<i>2 tbsp oil</i>	<i>Small handful of fresh basil leaves, torn</i>
<i>2 cloves garlic, peeled and crushed</i>	<i>400g can chopped tomatoes</i>
<i>1 small onion, finely chopped</i>	<i>Black pepper</i>

1. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturer's instructions (penne pasta works really well).
2. To a large frying pan add the oil. When hot, add the garlic and onion and gently fry until lightly coloured.
3. Add the tomatoes, bring to the boil and simmer for 5 minutes.
4. Add the basil and season with black pepper.
 - Serve with a sprinkle of parmesan cheese
 - You may want to add a red chilli when gently frying the garlic and onion for extra flavour

Per serving*	Energy	93kcal	*excluding pasta
	Salt	0.1g	

Mediterranean meatballs (serves 4)

350g beef mince

1 teaspoon dried mixed herbs

2 tbsp oil

Black pepper

2 cloves garlic, crushed

Quick tomato sauce (page 7)

1 medium onion, grated

1. In a frying pan add one tablespoon of oil and gently cook the onion and garlic until soft.
2. To make the meatballs; in a large bowl mix together the mince, the cooked garlic and onion, as well as the mixed herbs and season with black pepper.
3. Shape the meat mixture into 16 individual meatballs.
4. Heat the remaining oil in a large frying pan and brown the meatballs on all sides.
5. Once the meatballs are brown, reduce the heat and add the tomato sauce. Stir and bring to a simmer.
6. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturers instructions.
7. Continue to cook until the meatballs are cooked through, this will take approximately 15 minutes.
8. Drain the pasta and serve with the meatballs.
 - Serve with a sprinkle of parmesan cheese and some chopped fresh basil

Per serving*	Energy	323kcal	*excluding pasta
	Salt	0.3g	

Tomato and mascarpone cheese sauce (serves 4)

1 tbsp oil

Small handful fresh basil,
chopped (approx. 6 large leaves)

400g can chopped tomatoes

3 large tbsp (150g) mascarpone
cheese

2 cloves garlic, crushed

1 medium onion, chopped

Black pepper

1. In a frying pan add the oil and gently cook the onion and garlic until soft.
 2. Add the tomatoes and basil and simmer gently for 5 minutes.
 3. Add the mascarpone to the tomato mixture, stirring gently for a further 4 minutes.
 4. Season with black pepper.
- This sauce can be simply added to pasta and enjoyed with a light covering of parmesan cheese
 - Or it can be used to make the tuna pasta bake (see the recipe on the following page)

Per serving*	Energy	214kcal	*excluding pasta
	Salt	0.14g	

Tuna pasta bake (serves 4)

Tomato and mascarpone sauce (from page 10) *50g cheddar cheese*

200g canned tuna, drained

1. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturers instructions (penne pasta works well).
2. Drain the pasta, and stir in the tomato and mascarpone sauce and tuna.
3. Transfer to an oven proof dish.
4. Cover the pasta with the cheddar cheese and heat gently under the grill until the cheese is lightly golden.

Per serving*	Energy	360kcal	<i>*excludes pasta</i>
	Salt	0.7g	

Even quicker basil pesto (serves 4)

This recipe can be used to make a quick tasty meal. When added to pasta, further ingredients can be added for extra flavour as suggested in the recipes on page 13 to 15.

30g pine nuts

1 garlic clove

30g fresh parmesan, grated

120mls olive oil

30g basil

1. To a small food processor add the pine nuts, garlic, parmesan and basil. Slowly add the olive oil, crushing the mixture until it forms a smooth paste.
- This pesto can be enjoyed simply stirred into your chosen pasta

Per serving*	Energy	360kcal	<i>*excluding pasta</i>
	Salt	0.15g	

Pesto pasta with leeks and peas (serves 4)

140g frozen peas

250g leeks, thinly sliced (approx 2 large leeks)

1 tbsp oil

½ portion basil pesto, equivalent 4 tbsp (using the recipe from page 12)

1. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturers instructions.
2. Boil the peas in a separate saucepan of water.
3. In a frying pan, gently heat the oil. Once hot add the leeks and cook for 5 minutes until soft. Stir in the pesto and 3 tbsp of the pasta cooking water, then simmer for a few minutes.
4. Once cooked drain the pasta and peas and add to the frying pan. Stir the ingredients together and serve.

Per serving*	Energy	250kcal	*excluding pasta
	Salt	0.1g	

Pesto pasta with chicken and sugar-snap peas (serves 4)

2 large chicken breasts, thinly sliced

150g sugar-snap peas

1 tbsp oil

$\frac{1}{2}$ portion basil pesto, equivalent 4 tbsp (using the recipe from page 12)

1. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturers instructions.
 2. In a large frying pan, gently heat the olive oil. Once hot add the chicken pieces and fry gently until cooked through.
 3. Meanwhile in a separate saucepan boil the sugar-snap peas.
 4. When cooked, drain the pasta and peas and return together to the larger saucepan. Add the pesto, chicken and peas to the pasta and mix together.
- Serve with a covering of fresh basil and black pepper

Per serving*	Energy	345kcal	*excluding pasta
	Salt	0.25g	

Pesto pasta with tuna and broccoli (serves 4)

200g canned tuna, drained

$\frac{1}{2}$ portion basil pesto,
equivalent 4 tbsp (using the
recipe from page 12)

250g broccoli

1. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturers instructions.
2. In a large pan of water, boil the broccoli until soft.
3. Once cooked drain the pasta and broccoli, mixing together with the pesto sauce.

Per serving*	Energy	288kcal	*excluding pasta
	Salt	0.45g	

Spaghetti carbonara (serves 2)

1 egg
100ml double cream

6 rashers of streaky bacon,
roughly sliced
Black pepper

1. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturers instructions (spaghetti pasta works really well).
 2. Mix the egg in a bowl with the cream and black pepper.
 3. In a frying pan gently fry the bacon until golden brown and crispy.
 4. Drain the pasta, saving a little of the cooking water. Do not return the pasta to the heat.
 5. Add the bacon to the pasta, stirring the ingredients together. Add the egg and cream mixture to the pasta. The natural heat from the pasta will cook the egg (do not return it to the hob as this will scramble the sauce).
 6. Loosen the mixture with a small amount of the pasta water if needed.
 7. Season with black pepper.
- Serve with a sprinkle of parmesan cheese
 - You may wish to try adding boiled frozen peas (140g) to your carbonara

Per serving*	Energy	490kcal**	<i>*excluding pasta</i> <i>**539Kcal if peas included</i>
	Salt	0.24g	

Herby creamy courgette pasta (serves 4)

2 tbsp oil

150g ricotta cheese

2 large courgettes, sliced

4 tbsp grated parmesan

1 garlic clove, crushed

160ml double cream

1 small onion, chopped

Black pepper

½ tsp dried oregano

*2-3 tbsp fresh parsley or dill
finely chopped*

1 large egg

1. In a frying pan add a tablespoon of oil and gently cook the onion and garlic until soft. Once cooked remove from the pan and put aside.
2. In a bowl mix together the egg, ricotta and cream.
3. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturers instructions (tagliatelle pasta works well).
4. Brush courgettes with a little oil, place in the warm pan used to cook the onion, and cook until they start to brown. Once cooked, place on kitchen paper, and sprinkle with a little dried oregano.

Herby creamy courgette pasta (continued)

1. Drain the pasta, and return to the saucepan. Tip the egg and ricotta mix into the saucepan with the pasta, along with the parmesan, parsley (or dill), courgette and black pepper. Mix all the ingredients together. The heat of the pasta will cook the egg.
2. Serve immediately.

Per serving*	Energy	434kcal	<i>*excluding pasta</i>
	Salt	0.4g	

Salmon and spring vegetable pasta (serves 4)

2 salmon steaks (approx 300g) 150g crème fraiche
150g sugar-snap peas, halved lengthways 1 heaped tsp Dijon mustard
250g broccoli, cut into small florets Black pepper
Zest and juice of ½ lemon

1. Place the salmon steaks in an oven-proof dish, covered for 15-20 minutes at 180°C (Gas mark 6) or until cooked.
2. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturers instructions (penne pasta works well).
3. In a separate pan, boil the broccoli and sugar-snap peas.
4. Once the salmon has cooked, peel away the skin, break in to large flakes.
5. Mix the lemon zest, lemon juice, crème fraiche and mustard together.
6. Drain the pasta and vegetables once cooked.
7. Toss the pasta and vegetables into the crème fraiche mix. Gently mix in the flaked salmon.
8. Season with black pepper and serve immediately.

Per serving*	Energy	319kcal	*excluding pasta
	Salt	0.3g	

- For a change, swap 2 chicken breasts for the salmon steaks and use wholegrain mustard instead of the Dijon mustard

Lemon, tuna and broccoli pasta (serves 4)

250g broccoli, cut into small florets

2 tbsp capers, drained

1 tsp oil

200g canned tuna, drained

1 small red onion, finely chopped

Zest and juice lemon

85g pitted green olives, halved** 1 tbsp olive oil

1. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturer's instructions.
 2. Boil the broccoli separately until tender.
 3. In a frying pan add a teaspoon of oil and gently cook the onion until soft.
 4. Drain the pasta and broccoli and return to the same pan. Add the cooked onions, olives, capers, tuna, lemon zest and juice to the pasta.
 5. Add a tablespoon of olive oil and season with black pepper.
 6. Gently toss the ingredients together.
- Suitable alternatives to tuna include salmon, chicken or tofu

Per serving*	Energy	175kcal	*excluding pasta ** reduce salt content by using olives in oil rather than brine
	Salt	1.9g**	

Creamy garlic chicken pasta (serves 4)

1 tbsp olive oil

80g sweetcorn

2 large chicken breasts, sliced

120g soft cream cheese

1 small onion

Black pepper

2-4 garlic cloves, crushed

1. In a large saucepan, boil a large amount of water. Once boiling, add your chosen quantity of pasta and cook following the manufacturer's instructions.
 2. In a frying pan, heat the oil and gently fry the onion until golden brown.
 3. Add the chicken and gently fry until cooked.
 4. Add the crushed garlic and sweetcorn and cook for a further 3 minutes. Add black pepper to taste.
 5. Add the cream cheese and mix to coat the chicken.
 6. Serve with the cooked pasta and add further black pepper (optional).
- This recipe works best with full-fat cream cheese
 - Rice as an alternative to pasta would also work well
 - The addition of fresh basil or dill will add more flavour

Per serving*	Energy	264kcal	*excluding pasta
	Salt	0.6g	

Roast chicken and pea risotto (serves 4)

2 cooked chicken breasts, sliced *1 small glass of white wine*

1 onion, chopped *1 litre hot chicken stock**

1 garlic clove, crushed *200g frozen peas*

1 tbsp olive oil *25g unsalted butter*

350g risotto rice *60g parmesan cheese, grated*

1. Heat the olive oil in a large pan, gently cooking the onion and the garlic gently.
 2. Stir in the rice, cooking gently for a further minute, until the rice starts to look transparent.
 3. Pour in the wine and keep stirring until all the liquid is absorbed.
 4. Add a ladle of stock at a time, stirring regularly until the stock has been absorbed and the rice is just tender.
 5. Add the chicken and peas and cook until the chicken and peas are warmed through.
 6. Stir in the butter and the parmesan, then remove from the heat. Cover with a lid and leave to stand for 2 minutes before serving.
- Serve with a light covering of parmesan cheese.

Per serving	Energy	659kcal	* <i>reduce salt content by using low salt stock</i>
	Salt	1.7g*	

Haddock and leek risotto (serves 4)

25g butter
1 large leek (125g), thinly sliced
350g long grain rice
700ml fish or vegetable stock*
250ml milk

375g haddock, skinned and cut into large chunks
3 tbsp crème fraiche
60g parmesan cheese, grated
Handful of fresh parsley, chopped

1. Heat the oven to 200°C/180°C fan/gas mark 6.
2. Heat the butter in a large ovenproof dish over a medium heat. Cook the leek for 4-5 minutes, stirring regularly, until tender. Add the rice and stir for a further 2 minutes.
3. Add the stock and milk, bring to the boil and bubble for 5 minutes before sitting the haddock on top. Cover with a lid or foil and bake in the oven for 18 minutes until the rice is tender and the fish is cooked.
4. Fold in the crème fraiche and parmesan cheese. Season with black pepper. Leave to rest for a couple of minutes.
5. Serve with a light covering of chopped parsley

Per serving	Energy	612kcal	* reduce salt content by using low salt stock
	Salt	1.3g*	

Paella (serves 4)

<i>4 spring onions, finely chopped</i>	<i>300g easy-cook long grain rice (raw weight)</i>
<i>1 tbsp olive oil</i>	<i>1 litre chicken stock (made using 1 chicken stock cube)*</i>
<i>2 chicken breasts</i>	<i>200g frozen peas</i>
<i>1 tsp paprika</i>	<i>½ red pepper, chopped</i>
<i>1 tsp turmeric</i>	<i>200g mixed seafood cocktail or prawns (fresh or frozen)</i>

- Using a large pan add the olive oil to the spring onions and cook gently until soft. Add the chicken and cook until the chicken is brown in colour.
- Stir in the paprika, turmeric and rice and then pour in the stock.
- Bring to the boil, and then simmer gently for 15 minutes, stirring occasionally.
- Add the peas and seafood cocktail, cooking until thoroughly heated through.
- Season with black pepper and serve immediately.

Per serving	Energy	511kcal	* reduce salt content by using low salt stock
	Salt	1.5g*	

Chilli mince (serves 4)

<i>1 tbsp olive oil</i>	<i>½ tsp paprika</i>
<i>1 large onion, finely chopped</i>	<i>1 tsp mixed herbs</i>
<i>2 red peppers, chopped</i>	<i>500g minced beef</i>
<i>2 garlic cloves, peeled and crushed</i>	<i>1 beef stock cube**</i>
<i>½ - 1 tsp chilli powder (depending on personal preference)</i>	<i>400g can chopped tomatoes</i>

1. In a large pan, heat the olive oil on a gentle heat. Add the onions, and cook until soft. Add the garlic and red pepper. Then add the chilli powder, paprika and mixed herbs. Stir and cook for a further 5 minutes.
2. Turn up the heat a little and add the meat. Brown the meat evenly.
3. Add the beef stock cube to 300ml of boiling water. Add this to the meat. Add the tin of chopped tomatoes.
4. Bring to the boil, stir and then put a lid on the pan. Reduce the heat and leave to gently simmer for approximately 20 minutes, stirring occasionally.
5. Once cooked through, serve immediately.

Chilli mince (continued)

- Serve with plain rice and a spoonful of soured cream
- A vegetarian alternative, such as Quorn mince can be used
- A slow cooker could be used to make the chilli mince

Per serving*	Energy	348kcal	<i>* excluding rice & sour cream ** reduce salt content by using low salt stock cube</i>
	Salt	0.9g**	

Red lentil dhal (serves 4)

1 ½ cup red lentils

¾ tsp red chilli powder

3 tbsp olive oil

1 tsp paprika powder

1 medium onion, diced

1 tomato, chopped

2 garlic cloves, crushed

3 cups boiling water

*1 inch sized piece of ginger,
peeled and grated*

*Fresh coriander to garnish,
chopped*

¾ tsp turmeric

1. Wash the lentils under running water, discarding debris and then drain.
2. Heat a large pan until hot and add the olive oil.
3. Add the onions, garlic and ginger, turn down to a medium heat, and fry for a few minutes.
4. Then add the tomato, red chilli powder, paprika and turmeric, mixing thoroughly.
5. Continue cooking for a further minute and then add the lentils.
6. Stir to combine and then add the water.

Red lentil dhal (continued)

1. Simmer over low heat for 15 minutes, or until thickens to your preferred consistency. Stir occasionally to stop sticking.
 2. Add coriander before serving
- Serve with boiled rice or chapattis.

Per serving*	Energy	352kcal	* <i>excluding rice or chapatti</i>
	Salt	0.1g	

Chicken curry (serves 4)

6 tbsp olive oil

½ green pepper, chopped

400g chicken breast

½ tsp turmeric powder

1 large onion, chopped

Pinch of paprika powder

3 garlic cloves, grated

*½ - 1 tsp red chilli powder
(depending on how hot required)*

1 inch size piece ginger, grated

*Handful of coriander, finely
chopped*

2 tomatoes, chopped

1. Warm the olive oil in a large, heavy-bottomed pan.
2. Add the onion and cook until they start to turn golden.
3. Add the garlic, ginger and continue to sauté. The onions will start to darken in colour, don't worry, this is what will give the curry its dark, intense colouring. The garlic and ginger will also begin to caramelise.
4. Add the tomatoes, green pepper, chilli, paprika and turmeric powder, turning the heat up, and fry the mixture, for approximately 15 minutes. The sauce should reduce and thicken.
5. Add the chicken pieces, and fry the chicken until you start to see the oil separating from the sauce, this should take approximately 15 minutes.

Chicken curry (continued)

1. Add two cups (500ml) of water, turn the heat down low, cover with a lid and let it simmer for a further 20 minutes or until the chicken is cooked and the oil floats freely on the top of the curry.
 2. Serve with a garnish of fresh chopped coriander.
- Serve with boiled rice or chapatti

Per serving*	Energy	390kcal	* <i>excluding rice or chapatti</i>
	Salt	0.2g	

How to make a chapatti

1. Mix one cup of white and one cup of wholemeal chapatti flour and a pinch of salt together in a mixing bowl.
2. Add water a little at a time (approximately 300ml) and knead well to make soft dough.
3. Cover it with a damp cloth and set aside for 15 to 20 minutes.
4. Divide the dough into lemon sized balls.
5. Take the smooth ball and press flat; dust it with flour on both sides
6. Roll it into a circle. If the dough sticks to the rolling pin, dust the chapatti with flour, taking care not to add too much flour as this may turn the chapatti dry.
7. Heat a non-stick pan; place the chapatti on to the pan.
8. Once the chapatti starts puffing flip it over. With a flat spatula, slightly press on the puffed surfaces, and then flip the chapatti again. Once the chapatti has golden brown spots on both sides, remove from the pan.



Pork stroganoff (serves 4)

Mushrooms are a rich source of potassium, however if you follow this recipe they can be safely included as part of your main meal.

350g pork fillet, thinly sliced

2 tsp paprika

Black pepper

150g baby button mushrooms

1 tbsp oil

150ml soured cream

25g butter

1 tbsp lemon juice

1 medium onion, finely sliced

Small handful chopped parsley

1. Season the pork with black pepper.
2. In a large frying pan, add the oil and heat until hot. Add the pork and cook until brown. Remove on to a plate.
3. In the same pan add the butter, sliced onions and gently fry over a low heat until tender. Add the paprika and mushrooms and gently cook until the mushrooms are soft.
4. Return the pork to the pan, adding the cream and lemon juice. When heated through and the pork is cooked remove from the heat. Season with black pepper.

Pork stroganoff (continued)

5. Serve immediately.

- Simply serve with a portion of rice
- Low fat crème fraiche can be used as an alternative to soured cream

Per serving*	Energy	334kcal	<i>*excluding rice</i>
	Salt	0.3g	

Kedgeree (serves 4)

1 tbsp oil

2 bay leaves

1 large onion, finely chopped

300ml milk

2 tsp curry powder

3 eggs

300g easy-cook long grain rice

*Handful chopped fresh parsley
and coriander (optional)*

*300g smoked haddock fillet,
skin on**

1. In a large lidded saucepan, heat the oil and add the onion, gently frying until lightly golden. Add the curry powder and cook until the onions turn brown and fragrant.
2. Add the rice and stir to coat with the onion mixture. Add 600ml of water, stirring, bringing to the boil. Reduce the heat, leaving it to simmer with the lid on for 10 minutes. Take off the heat and leave to stand, covered for 10-15 minutes.
3. Meanwhile, put the milk, bay leaves and haddock into a frying pan. Poach the haddock on a medium heat for 10 minutes or until the fish flakes apart. Remove the haddock from the milk, discarding the skin and flake into small pieces.
4. In a separate saucepan of water boil the eggs for 5 minutes. Once cooked and cool enough to handle, remove the shell and cut into quarters.

Kedgeree (continued)

- Once all the ingredients are ready, mix together the haddock, eggs and rice. Add the fresh parsley and coriander and serve.
- You may wish to try adding boiled frozen peas (140g) to your kedgeree

Per serving	Energy	480kcal (504kcal if peas added)	
	Salt	2.0g*	<i>*reduce the salt content by replacing some of the smoked haddock with unsmoked haddock</i>

Sweet and sour pork stir-fry (serves 2)

<i>227g pineapple chunks in juice (juice reserved)</i>	<i>2 ½ tbsp rice wine vinegar or white wine vinegar</i>
<i>1 tbsp cornflour</i>	<i>1 tbsp olive oil</i>
<i>1 tbsp tomato ketchup</i>	<i>200g stir fry pork fillet strips, trimmed of fat</i>
<i>1 tsp soy sauce**</i>	<i>1 red pepper, cut into chunks</i>
<i>1 tsp brown sugar</i>	<i>3 spring onions, shredded</i>

1. Mix 4 tbsp of pineapple juice into the cornflour until smooth, and then add the tomato ketchup, soy sauce, vinegar and sugar.
 2. Heat the olive oil in a large frying pan or wok, until very hot, and then add the pork, cooking for 2-3 minutes, until brown in colour.
 3. Add the pepper to the frying pan, stir-fry for 2 minutes, then add the pineapple chunks and the spring onions and cook for a further minute.
 4. Add the sauce, cooking for 1 minute, splashing with a little water as it cooks. Add the pork and stir until the pork is cooked.
- Serve with rice or noodles.

Per serving*	Energy	382kcal	* <i>excluding rice or noodles</i>
	Salt	1g**	** <i>reduce salt content by using reduced-salt soy sauce</i>

Honey and beef noodles (serves 2)

1 tsp olive oil

1 tbsp soy sauce**

125g broccoli, cut into small florets

175g beef steak of your choice, thinly sliced

100g sugar-snap peas

2 tsp sesame seeds

4 spring onions

2 tbsp clear honey

1. Boil the broccoli and peas separately in a large saucepan of water until just tender and drain.
2. Cook your chosen noodles as per the manufacturer's instructions.
3. In a wok or frying pan heat 1 tsp of oil until hot. Add the beef strips, and stir-fry for 2 minutes. Add the sesame seeds and cook for a further minute. Add the honey, mix together, finally adding a tablespoon of soy sauce.
4. Add the broccoli, peas and spring onions and heat for 1 minute. Add the noodles and toss together and serve.

Per serving*	Energy	382kcal	* <i>excluding rice or noodles</i> ** <i>reduce salt content by using reduced-salt soy sauce</i>
	Salt	1.5g**	

Chicken fajitas (serves 4)

2 fajitas each

1 tsp ground cumin

1 green pepper, cut into strips

2 tsp smoked paprika

Black pepper to season

¼ tsp cayenne pepper

8 tortilla wraps

3 chicken breasts, sliced into strips

80g iceberg lettuce, shredded

1 tbsp olive oil

150ml soured cream or natural yoghurt

1 medium red onion, halved and sliced

75g cheddar cheese, grated

1 red pepper, cut into strips

1. In a small bowl mix together the ground cumin, smoked paprika and cayenne pepper.
2. In a large bowl mix together the chicken, red and green pepper and the chopped onion. Cover with the spice mix and the olive oil. Mix the ingredients together well. Leave to marinade for 5 minutes.
3. Cook the ingredients in a hot frying pan until the chicken is cooked and the peppers and onions are soft.
4. Season with black pepper.

Chicken fajitas (continued)

To serve

- Take a warm tortilla wrap; add a portion of chicken and pepper mix in the middle of the wrap
- On top of the chicken add a little lettuce, a heaped teaspoon of soured cream and a scattering of cheese. Then roll the tortilla up, folding over one end

Suitable alternatives to chicken include strips of beef or Quorn pieces.

Per fajita (excluding tortilla wrap)	Energy	183kcal
	Salt	0.3g

Tabbouleh (serves 4)

175g bulgar wheat

*3 tbsp (15g) fresh parsley,
chopped*

*2 medium (170g) tomatoes,
diced*

*3 tbsp (15g) fresh mint,
chopped*

*½ cucumber (120g), chopped
into small chunks*

4-5 tbsp vinaigrette dressing

*3 spring onions (30g), finely
chopped*

Vinaigrette:

3 tbsp olive oil

1 ½ tsp Dijon mustard

1 tbsp white wine vinegar

¼ tsp caster sugar

1 ½ tsp lemon juice

Black pepper

1. Place the bulgar wheat in a large bowl, cover with boiling water. Set aside for 20 minutes, or until the bulgar wheat has absorbed all of the water.
2. Drain any excess water from the bulgar wheat. Add the chopped tomatoes to the bulgar wheat, as well as the cucumber and spring onions.

Tabbouleh (continued)

- Cover with the vinaigrette and gently mix in the parsley and mint.

Per serving	Energy	158kcal
	Salt	0.2g

To serve:

- Enjoy with a salmon fillet, grilled chicken breast or feta cheese as well as a portion of boiled vegetables (such as peas or broccoli) and a warm pitta bread

Couscous salad (serves 2)

100g couscous

1 red pepper

200ml vegetable stock*

½ cucumber

2 spring onions

50g feta cheese

1. Place the couscous in a large bowl and cover with the vegetable stock. Cover the bowl with cling film and leave for 10 minutes, until fluffy and all the stock has been absorbed.
2. Chop the spring onions, peppers and cucumber. Add these to the fluffy couscous.
3. Gently mix in the crumbled feta cheese.

Per serving	Energy	211kcal	* reduce salt content by using low salt stock
	Salt	2.2g*	

Try adding two tablespoons of the pesto from page 12.

Per serving	Energy	568kcal	* reduce salt content by using low salt stock
	Salt	2.3g*	

To serve:

- The above can be enjoyed with a griddled chicken breast or salmon fillet.



If you have any queries please contact.

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