

Salmon and asparagus pasta

Prep: 5 mins • Cook: 15 mins • Serves: 4

A simple and tasty meal suitable for everyone as it is low in salt, potassium and phosphate.

Ingredients

150g tagliatelle pasta	150g asparagus spears
300g salmon fillet, skinless and boneless	100g cucumber
1/2 a lemon	1 tablespoon olive oil
30g fresh dill	Juice of one lime
100g broccoli florets	100g crème fraiche
	Freshly ground black pepper

Carbohydrate The pasta is the main sources of carbohydrate in this dish and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/ potassium By parboiling the asparagus and broccoli, as well as keeping to the quantities listed in the ingredients and portion size, this is a low potassium recipe.

Salmon does contain some phosphate however in the quantities suggested this recipe is low in phosphate and suitable for those following a phosphate restriction. If you have been prescribed a phosphate binder, ensure you take it with this meal.

Protein This recipe is high in protein which is great for people on dialysis. If you have been advised to reduce your protein intake, reduce the quantity of salmon from 300g to 250g.

Special diets

Gluten free: Use gluten free pasta of your choice.

Healthier option This recipe has been made using full fat crème fraiche, however if you want to reduce the amount of fat you eat try using a low or half fat crème fraiche.

Cheaper option Buy frozen fish and dried herbs in place of fresh as this can often be cheaper.

Storage This dish is best eaten immediately, do not reheat. You can easily halve the recipe to serve 2 people.

Tips If you have a transplant you should buy your fish pre-packaged, rather than from a fish monger or a fish deli counter, in order to avoid any risk of bacterial contamination.

We used tagliatelle but you can use an alternative pasta variety, such as linguine, penne or fusilli.

Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
31g	Carbohydrate	446Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





Cooking in the kitchen with Chef Paul Ripley

Salmon and vegetables with zesty lime and dill is delicious. This quick 20 minute pasta dish is full of flavour yet low in salt.



1

Fill three large pans with water and bring to the boil. Add the tagliatelle nests and cook per the instructions. Once cooked, drain the pasta and run under cold water to cool it and prevent it from cooking any further. Set aside.



2

Lower one pan to a simmer then add the salmon. Slice and add the lemon and add half the dill to flavour the water. Poach for 7-9 minutes until the flesh has turned pale and opaque. Gently lift the salmon from the pan and set aside to cool.



3

Blanche the asparagus and broccoli by parboiling them in boiling water for 4-6 minutes, then drain and run them under cold water prevent them from cooking any further. To prepare the cucumber, use a vegetable peeler to peel it lengthways and make cucumber ribbons.



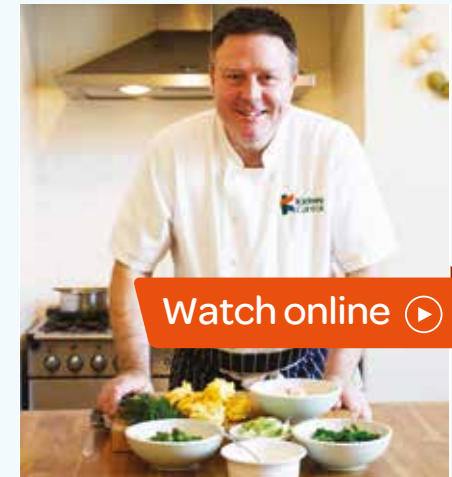
4

Add the olive oil to a pan then gently stir fry the asparagus and broccoli. Add the cooked pasta and crème fraiche. Flake the salmon into large chunks and stir through. Squeeze in the lime juice, add chopped dill and season with pepper. Serve with cucumber ribbons on top.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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