



Everyday dish

Vegan

price per portion
£#.##

Indian inspired stuffed peppers

Prep: 15 mins • Cook: 50 mins • Serves: 4

This is an easy, healthy, low salt dish that is full of Indian flavours. Low in phosphate, potassium and protein - this makes a good mid-week dinner.

Ingredients

- 120g red lentils, dried
- 1 tablespoon vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed or finely chopped
- 1cm fresh ginger, grated or finely chopped
- 1 teaspoon tomato puree
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- 200g basmati rice
- 1 low salt vegetable stock cube
- 850ml boiling water
- 20g mint leaves, fresh
- 8 peppers (red, yellow and orange are best)

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

Phosphate/potassium This dish is low in both potassium and phosphate when following the quantities listed in the ingredients and the serving size. It is suitable for anyone advised to follow a potassium and/or phosphate restriction.

This dish does contain some phosphate which is mainly provided by the lentils. If you have been prescribed a phosphate binder ensure you take them with this dish.

Protein This dish is low in protein, therefore suitable for those advised to reduce their protein intake.

Special diets

Gluten free: Use a gluten-free stock cube.

Healthier option This is a relatively healthy dish. To increase the fibre, you could consider using wholegrain rice. If using wholegrain rice, then you may require more water and the cooking time in the saucepan should be increased.

Cheaper option This is a relatively inexpensive dish to make, however, you could consider using dried or frozen mint to reduce the cost.

Storage This dish is best eaten freshly prepared. We would not advise storing and reheating this dish as it contains rice. For a smaller serving, halve the ingredients to serve two people.

Tips To keep the peppers upright when they are cooking in the oven, use tinfoil to make a nest to give each one extra support.



✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
✓	Low fat	£####	Price per portion (priced June 2022)
76.5g	Carbohydrate	400kcal	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

Try this colourful, Indian twist on stuffed peppers, filled with rice and lentils for a tasty, feel-good supper or lunch. Choose red, yellow or orange peppers for a sweeter taste.



1

Heat the oven to 200°C/ gas mark 6. Wash the dried lentils and then drain and set aside.



2

Heat the oil in a large saucepan. Add the onion, garlic, and ginger, then gently cook on a low heat for 5 minutes until softened. Stir in the tomato puree and spices and cook for a further 1 minute.



3

Add the rice and stir well to coat in the flavours. Make up the vegetable stock and pour it over the rice. Bring to the boil then add the lentils.



4

Cover the saucepan with a lid and leave to cook over a low heat for 15 minutes until the lentils and rice are cooked. Roughly chop and stir through the mint.



5

Slice the top off each pepper, cut out the middle stalk and scoop out the seeds. Carefully trim the bottoms of the peppers so that they stand upright, ensuring the filling will not fall out.



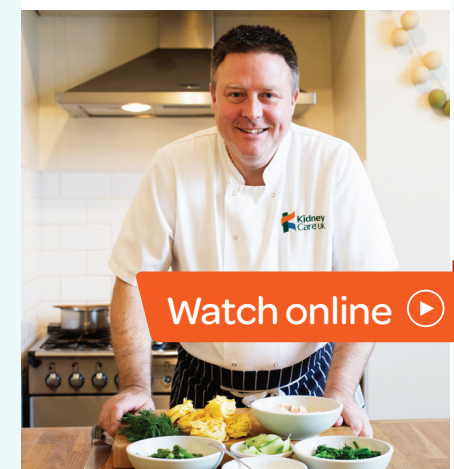
6

Fill each pepper carefully with the mixture and place the lid on top. Cook in the oven for 25-30 minutes or until the peppers have softened and begin to colour. Serve two per person.



The Kidney Kitchen was created by Kidney Care UK to help patients and their families live well with kidney disease. Recipes have been developed by our professional chef 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 (RNG).

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

Get in touch with Kidney Care UK

info@kidneycareuk.org

01420 541 424

(Lines open 9am-5pm, Mon- Fri)

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