



Everyday dish

✓	Low phosphate	✓	Low protein
✓	Low potassium		Low salt
42.1g	Carbohydrate	311Kcal	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.*



# Indian spiced beans on toast

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

A filling meal low potassium, low phosphate, and low protein meal. Ideal when you want a speedy lunch or supper.

## Ingredients

- 1 teaspoon cumin seeds
- 1 teaspoon curry powder
- 1 tablespoon olive oil
- 1 red onion
- 2 garlic cloves
- 1 red chilli
- 800g haricot or cannellini beans in water
- 4 slices sourdough bread
- 10g unsalted butter
- Black pepper
- 300ml low salt chicken stock
- 20g fresh coriander (optional)

**Carbohydrate** The bread and beans are the main sources of carbohydrate in this recipe and the value has been provided for those who have been trained in insulin adjustment.

**Phosphate/potassium** This dish is low in potassium and can be enjoyed for lunch or dinner as part of a low potassium diet.

This is a suitable meal for anyone on a phosphate restricted diet as it is low in phosphate. If you have been prescribed a phosphate binder, ensure you take them with this dish.

**Protein** This is a low protein dish and is therefore suitable for those following a low protein diet.

## Special diets

**Gluten free:** use gluten free bread and check that the stock you use is also gluten free. **Vegetarian:** use vegetable stock for a vegetarian alternative. **Vegan:** Swap the butter for vegan spread and use a vegetable stock.

**Healthier option** This is a relatively healthy meal however, if you would like to reduce the fat content further you could use a low fat spread in place of butter and a low-calorie spray oil in place of the olive oil.

There is no added salt in this recipe, but it does contain a small amount of salt, which makes it slightly above the range to be classified a low salt dish.

**Tips** If you only have baked beans, rinse off the tomato sauce and use these in place of the haricot or cannellini beans.

For smaller serving, halve the ingredients to serve 2 people.





## Cooking in the kitchen with Chef Paul Ripley

This is a lightly spiced, quick and easy recipe using some store cupboard staples.  
Delicious served on a thick slice of sourdough toast.



1

Heat the oil in a frying pan, add the cumin seeds and curry powder cooking for 1 minute, being careful not to burn the spices.



2

Finely chop the onion, garlic and chilli. Add to the pan and cook until soft. Strain and stir in the beans.



3

Finely chop the onion, garlic and chilli. Add to the pan and cook until soft. Strain and stir in the beans.



4

Thickly slice and toast the bread. Season the beans with pepper and add the coriander if using. Serve the beans on top of the toast.



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](http://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](mailto:info@kidneycareuk.org)  
**01420 541 424**  
(Lines open 9am-5pm, Mon- Fri)

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