

# North African one-pot casserole

Prep: 20 mins • Cook: 45 mins • Serves: 6

This vegan meal is full of wholesome vegetables and still low in potassium and phosphate.

## Ingredients

- 2 tablespoons olive oil
- 1 onion
- 2 garlic cloves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1 red pepper
- 1 yellow pepper
- 1 celery stick
- 2 courgettes
- Sprig of fresh thyme
- 1 bay leaf
- 150g butternut squash
- 125g drained, tinned cooked lentils
- 125g drained, tinned cooked chick peas
- 400g tinned tomatoes
- 250ml vegetable stock
- Handful of fresh parsley
- Pinch saffron strands (optional)
- Serve with flat bread or crusty roll (approx. 125g each)

**Carbohydrate** The main source of carbohydrate in this meal is from the flat bread or crusty roll (based on 125g per person). The lentils and chickpeas will also contribute carbohydrate however, as they have a low glycaemic index. The carbohydrate values have been provided for those who have trained in insulin adjustment.

**Phosphate/potassium** Although this dish contains lentils and chick peas which contain phosphate, we know that the body does not absorb as much phosphate from vegetable sources compared to animal foods. For this reason, this dish is suitable for those on a low phosphate diet. If you have been prescribed a phosphate binder ensure you take them with this dish.

**Protein** The protein in this dish comes from the lentils and chick peas. Alternatively, you could add in some meats such as chicken or pork. If you have been advised to increase your protein intake try serving with a high protein grain such as quinoa will further increase the protein content.

## Special diets

**Gluten free:** Use a gluten free stock cube and gluten free bread.

**Healthier option** The flavour of this dish comes from all the herbs and spices and therefore additional salt is not required. The stock will contain some salt but low-salt stock cubes or stockpots are available in supermarkets. Look for low salt options when selecting your bread.

Everyday dish

Vegan

✓	Low phosphate	✓	Low protein
✓	Low potassium		Low salt
85.4g	Carbohydrate	470Kcal	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

Casseroles are a tasty time saver. This north African inspired one pot dish can be cooked in advance and heated up when needed.



1

Prepare all the vegetables, dice into similar size pieces and set aside. Heat the oil in a large heavy-based pan. Add the onion and garlic and cook over a gentle heat until onions and garlic soften.



2

Add the spices (including the saffron if you are using it) and cook for a further few minutes to release the flavours of the spice. This is a very important part of the process. If the spices are not allowed to completely cook through, you will end up with a sharp and bitter taste to the finished dish.



3

Add the celery and peppers and cook for further 5 minutes. Add the butternut squash, fresh thyme and bay leaf. Add tinned tomatoes and the stock. Simmer for 20-25 minutes until the squash is just about cooked through. After 15 minutes, add the courgettes.



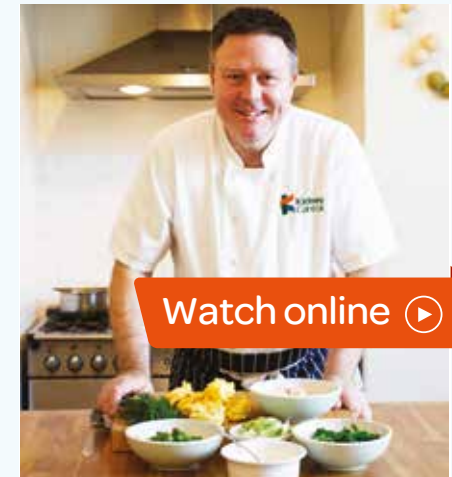
4

Stir in the lentils and chick peas and bring back to a simmer for 5-10 minutes. Add the chopped parsley and coriander and serve. This dish is delicious with warmed flat bread, pitta, or crusty roll.



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

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