

Bean and couscous salad

Prep: 20 mins • Cook: 5 mins • Serves: 2

A low protein dish that is easy to prepare. It makes a great lunch time meal and is low in potassium, phosphate and salt.

Ingredients

- 1 tablespoon olive oil
- 1 red onion, finely chopped
- 150g couscous
- 240ml low salt vegetable stock
- 1 red pepper, chopped into 1cm pieces
- 400g tin three bean salad, in water
- 10g fresh parsley, chopped (optional)

Carbohydrate The main sources of carbohydrate in this dish come from the couscous and beans. The carbohydrate value of this dish has been provided for those who have been trained in insulin adjustment.

Phosphate/potassium Beans do contain potassium and phosphate but when using the amount in this recipe, the overall levels are low. If you have been prescribed a phosphate binder, ensure you take them with this dish

Protein This recipe is low in protein which is great for people who have been advised to reduce their protein.

If you have been advised to increase your protein, you may wish to add a small tin of tuna. Look for tuna in spring water and drain before use.

Special diets

Gluten free: Use buckwheat or quinoa and a gluten-free vegetable stock for a gluten-free option.

Storage This dish keeps well and can be stored in the fridge for up to 3 days.

Everyday dish

Vegan

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
✓	Low fat	£1.12	Cost per portion <small>(costed June 2022)</small>
87g	Carbohydrate	490kcal	Energy

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





Cooking in the kitchen with Chef Paul Ripley

An easy vegan bean and couscous salad that can be prepared in advance for a healthy lunch.



1

Chop the onion and pepper and set aside.



2

Make the vegetable stock and measure the couscous. Stir the hot vegetable stock into the couscous, cover and leave to sit for five minutes.



3

Heat the olive oil in a small pan. Sauté the onion on a low heat for five minutes or until soft, then remove the pan from the heat.



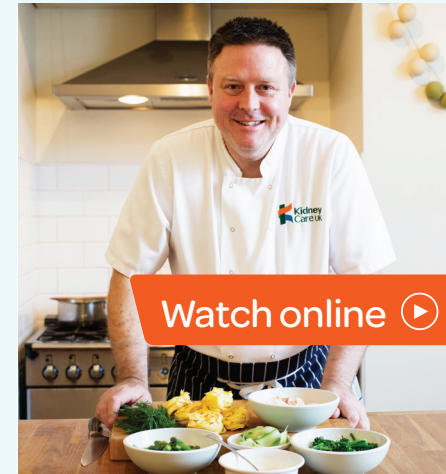
4

Uncover the couscous and use a fork to fluff it up. Add the cooked onion and fresh pepper, then drain the bean salad and add to the couscous. Stir gently until well mixed. If using parsley, sprinkle it over the salad before serving.



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.

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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