



Everyday dish

	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
53.4g	Carbohydrate	532Kcal	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.



Chicken kebabs with herby couscous salad

Prep: 1hr 20 mins • Cook: 10 mins • Serves: 4

This is a low fat, low salt option with lots of wonderful flavours. Low in potassium and high in protein, it makes an ideal meal for those having dialysis.

Ingredients

- Chicken kebabs**
- 2 garlic cloves
 - Fresh ginger, 3cm
 - 1 tablespoon clear honey
 - 1 tablespoon reduced salt soy sauce
 - 400g chicken breasts, skinless
 - 1 large green pepper
 - 8 button mushrooms
 - 1 red onion
 - 6 wooden or metal skewers
 - 2 tablespoons olive oil

Herby couscous salad

- 200g couscous
- 1/2 pomegranate
- 2 tablespoons fresh coriander
- 2 tablespoons fresh mint
- Juice and zest of 1 small orange
- Zest of 1 lemon
- Pinch of ground cinnamon
- Pinch of ground cumin
- 2 tablespoons white wine vinegar
- 2 tablespoons olive oil

Carbohydrate The carbohydrate in this dish is mainly provided by the couscous. The total value of carbohydrate has been provided for those trained in insulin adjustment.

Phosphate/ potassium Although this dish contains ingredients high in potassium, including mushrooms, orange juice and pomegranate, we have used small quantities of these ingredients. This means the overall dish remains low in potassium and suitable for someone following a potassium restricted diet.

The phosphate in this dish comes from the chicken, so if you have been prescribed a phosphate binder, ensure you take them with this dish.

Protein The chicken in this dish makes it a high protein meal, therefore it is suitable for those receiving dialysis.

Special diets

Gluten free: Use buckwheat, quinoa, wholegrain rice and follow the cooking instructions on the packaging. Use tamari in place of the soy sauce but this will be higher in salt. **Vegetarian:** Replace the chicken with tofu and cook on a tray in the oven for approximately 20 minutes at 180°C / gam mark 4. **Vegan:** Use maple syrup instead of honey.



Cooking in the kitchen with Chef Paul Ripley

This colourful dish makes a lovely summer recipe and is ideal for a BBQ. The chicken compliments the fresh citrus and pomegranate flavours in the salad.



1
Finely chop the garlic and ginger. Mix with honey and soy sauce then add the cubed chicken. Cover and leave to marinate for at least 1 hour, but preferably overnight.



2
Soak wooden skewers for 30 minutes. After marinating, dice the onion and pepper into large chunks. Thread the chicken, green pepper, mushrooms and onion equally onto the 8 skewers.



3
Add olive oil to a griddle or frying pan and cook the kebabs for 10 minutes on each side or until the chicken is thoroughly cooked and golden brown. Cook in batches and turn the kebabs frequently.



4
Place couscous in a bowl, add the cinnamon and cumin then pour over 200ml boiling water. Stir and cover the bowl for 5 minutes until the all the water is absorbed. Ruffle with a fork to separate the grains.



5
Stir the pomegranate seeds, orange, lemon zest, coriander and mint into couscous. Make a dressing by mixing the orange juice, white wine vinegar and olive oil together, then stir into the couscous and season with pepper.



6
Divide the couscous and kebabs into four serving and enjoy. Once cooled, store in an airtight container in the fridge and use within 3 days. Eat cold or reheated.



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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