



# Chicken, leek and tarragon pie

Prep: 45 mins • Cook: 40 - 45 mins • Serves: 4

When this British classic is served with boiled vegetables (but no potatoes) this makes a great low potassium meal.

## Ingredients

- 2 tablespoons vegetable oil
- 1 onion
- 2 medium leeks (approx. 300g)
- 4 chicken breasts skinless (approx. 600g)
- 1 garlic clove
- 1 low salt chicken stock cube
- 150ml boiling water
- 142ml carton double cream
- 1 tablespoon fresh tarragon
- 375g pack ready-rolled puff pastry
- 1 medium egg
- 150ml white wine (optional)
- 1/2 small savoy cabbage (approx. 320g)

**Carbohydrate** Carbohydrate is provided by the pastry so no need to add potatoes to this meal. The carbohydrate value has been provided for those who have been trained in insulin adjustment.

**Phosphate/ potassium** The pie is high in phosphate from the chicken. If you have been prescribed a phosphate binder ensure you take them with this dish.

When served with a portion of cabbage this is a low potassium meal. Avoid serving with potatoes if you are on a low potassium diet.

**Protein** A portion of this pie is high in protein, making it a good meal if you are on dialysis. If you have been advised to reduce your protein, keep your portion of chicken small.

## Special diets

**Gluten free:** Use gluten free puff pastry to make this suitable for people following a gluten free diet.

**Vegetarian:** Replace the chicken with substitute chicken-style pieces or tofu.

**Vegan:** A soya cream alternative can be used and the pie brushed with a plant-based milk rather than egg.

**Healthier option** If you want to reduce the amount of fat you eat use half fat crème fraiche instead of the double cream and consider using filo pastry instead of puff pastry.

**Cheaper option** If you don't drink alcohol or to save money the wine can be replaced with an additional 150ml of chicken stock. Alternatively use 1 teaspoon dried tarragon in place of fresh herbs.

Special occasion

✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
40.5g	Carbohydrate	931Kcal	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

A filling meal for all the family, this pie is rich, creamy and comforting - perfect for the weekend!



1

Pre-heat the oven to 220C/gas mark 7. Heat the oil in a large frying pan over a medium heat. Peel and finely chop the onion. Wash, trim and thickly slice the leeks. Add the onion and leeks and cook for 4-5 minutes until softened. Cut the chicken and add to onions and leeks, stirring for 4-5 mins.



2

Crush and stir in the garlic, add the wine (if using) and simmer until reduced by two thirds. Add the chicken stock, simmering until reduced by half. Add cream, and roughly chopped tarragon, boil then simmer for 5-6 minutes until thickened. Spoon into a pie dish and cool.



3

Spoon mixture into pie dish and cool. Unroll the pastry and cut a piece large enough to cover the dish. Press down the edges and trim off the excess using a knife. Snip a small hole in the centre of the pastry to let the steam escape. Put on a baking tray and chill in the fridge for 15 minutes.



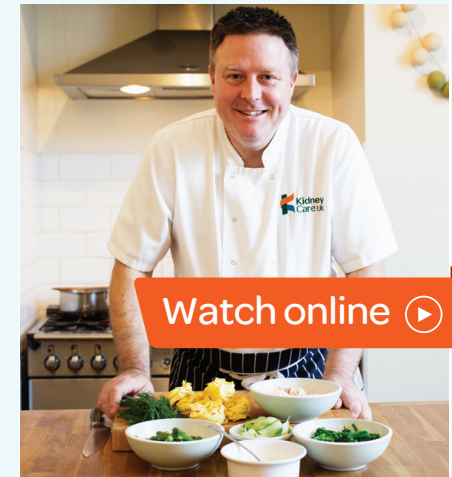
4

Beat the egg and brush over the pastry. Bake for 40-45 minutes until the pastry is golden. Shred the cabbage leaves, place in a large saucepan and cover halfway with water. Bring to the boil and cook for 3-5 mins or until tender. Drain and discard the water.



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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