



Everyday dish

price per portion
£2.62
date costed: May 2022

Chicken palau

Prep: 15 mins • Cook: 50 mins • Serves: 4

A high protein meal that's bursting with flavour yet low in salt.

Ingredients

- 1 pack of chicken thighs (4 pieces), skinless and boneless (approximately 350g)
- 2 teaspoons of vegetable oil
- 1 tablespoon brown sugar
- ½ onion, chopped
- 1 red pepper, chopped
- 1 medium carrot, peeled and chopped
- 400g tin of pigeon peas, drained
- 200ml of beer eg Heineken, Corona, Budweiser or any other light beer
- 1 teaspoon reduced-salt tomato ketchup
- 240g easy-cook long grain rice
- 200g French green beans, trimmed and chopped
- Green seasoning marinade**
- 1 small Scotch bonnet pepper, finely chopped (optional)
- 2 garlic cloves, chopped
- ½ onion, chopped
- 2 heaped teaspoons chopped fresh chive
- 2 heaped teaspoons chopped fresh thyme
- 2 heaped teaspoons chopped fresh coriander
- 2 spring onions, finely chopped
- 1 tablespoon (15ml) Worcestershire sauce
- 2 teaspoons reduced salt soy sauce

Carbohydrate The rice is the main source of carbohydrate in this dish and the values have been provided for those who have trained in insulin adjustment.

Phosphate/potassium Although this dish does contain some potassium, when keeping to the portion sizes suggested, this dish is low in potassium and can be enjoyed as part of a low potassium diet.

Although low in phosphate, this dish does contain some phosphate, mainly provided by the chicken. If you have been prescribed a phosphate binder ensure you take them with this dish.

Protein This recipe is high in protein, so is suitable for anyone on dialysis.

Special diets

Gluten free: Use a gluten-free beer, Worcestershire sauce and soy sauce.

Healthier option Although this dish is low in salt, it does use some high salt ingredients. These ingredients are used in very small amounts; measure each one carefully to avoid over using.

You could also increase the fibre in this dish by replacing the white basmati rice with a wholegrain variety.

Cheaper option Use dried herbs instead of fresh.

Tips If preferred, a non-alcoholic beer could be used. If you would prefer not to use beer, use one very low-salt stock cube made up with 200ml of boiling water.

Instead of pigeon peas, a drained 400g tin of black-eyed beans or lentils (green or black) can be used.



✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
✓	Low fat	£2.62	Cost per portion (costed May 2022)
78g	Carbohydrate	541kcal	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 Dela Idowu and Hayley Triu-Jones

An easy but delicious one-pot dish for all the family.



Combine the green seasoning marinade ingredients in a bowl to make the marinade. Add the chicken, coat well and leave covered in the fridge for 1 hour. After 1 hour, heat the oil in a large saucepan, add the sugar until it browns and then add the chicken to the pan on a medium/low heat.



Cover the pan and cook for 20 minutes or until the chicken has cooked through. Then add the chopped onion, red pepper, carrot, pigeon peas, beer and reduced salt tomato ketchup. Re-cover the pan and cook gently for 10 minutes.



Wash the rice in a strainer with a fine metal mesh. Run warm or cold water over the rice until it runs clear. Add the rice and French green beans to the pan with the chicken and combine. Cover the pan and simmer on a gentle heat until the rice is cooked (approximately 20 minutes).



Check the pan throughout the cooking time and, if needed, add more water to help the rice cook. Serve once the rice has cooked and the liquid has evaporated.



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 (RNG).

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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