

# Fruit cocktail pavlova with Chantilly cream

Prep: 15 mins • Cook: 2 hrs • Serves: 4

A light dessert, which can be enjoyed as a special treat, when following a low potassium and low phosphate diet.

## Ingredients

4 individual meringue nests	100g red seedless grapes
400g tin fruit cocktail in juice	150ml double cream
1 stick of lemon grass	1/2 tablespoon sugar
1 star anise	1 teaspoon vanilla extract
	1 lime (optional to serve)

**Carbohydrate** The meringue and fruit are the main sources of carbohydrate in this recipe and the value has been provided for those who have been trained in insulin adjustment.

**Phosphate/potassium** Although the juice from the tinned fruit and the grapes are high potassium foods, by following the serving sizes provided in this recipe, this dish is low in both potassium and phosphate. Egg whites and cream are relatively low in phosphate but if you have been prescribed a phosphate binder ensure you take them with this dish.

**Protein** This is a low protein dish and is therefore suitable for those following a low protein diet.

## Special diets

**Gluten free:** This dessert is naturally gluten free.

**Healthier option** There is only a small amount of added sugar in the recipe, but all meringues are high in sugar and cream makes it quite high in fat. If you want to reduce the amount of sugar or fat you eat consider leaving out the meringue and just have the fruit with cream.

Alternatively use half fat crème fraiche, plain low-fat yoghurt, or soya yoghurt in place of the cream and just stir all together, no whipping required. You can omit the sugar from the cream depending on taste.

**Cheaper option** This is a relatively inexpensive recipe however, to reduce the cost further you may want to omit the star anise, lemongrass stick and lime. If so, omit steps 1 to 3, prepare the cream and add the fruit and cream to the meringue nests for a simpler alternative.

**Tip** If you would like to try making your own meringues, check out the meringue with mango and lime cream recipe for instructions.

Special occasion

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
21.9g	Carbohydrate	315Kcal	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

Lemongrass and star anise add an exotic and lightly spiced twist to this simple assembly pavlova.



1

Drain the fruit from the tin and put into a saucepan. Keep the juice to one side for later. Bruise the lemongrass to release the flavour using a rolling pin. Add with the star anise and bring to the boil. Once boiled, turn off the heat and leave to cool.



2

Once cool, add the juice and grapes to the fruit. Cover and leave to stand for 1-2 hours allowing the flavours to infuse. Remove the lemongrass and star anise.



3

Prepare the Chantilly cream by adding the cream, vanilla extract and sugar to a large bowl. Whisk them to form soft peaks using an electric whisk or hand whisk.



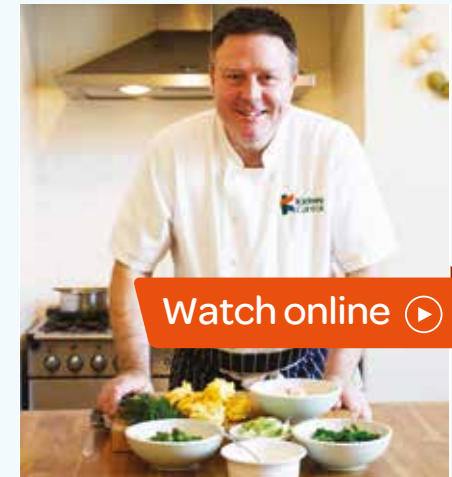
4

Fill each nest with an equal amount of Chantilly cream and top with the fruit mixture. Grate some lime zest over the cream and serve.



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)



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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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