

# Garlic and chilli whole wheat pasta

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

This is a quick and simple recipe. It's perfect for those following a low protein diet but easy enough to adapt if you need more protein.

## Ingredients

400g whole wheat spaghetti	200ml white wine
50ml olive oil	90g baby spinach
6 garlic cloves	20g parsley
1-2 red chilli peppers	20g basil
1 red onion	15-20g Italian hard cheese
1 red pepper	
1 small courgette	

**Carbohydrate** The spaghetti is the main source of carbohydrate in this dish. The total carbohydrate value has been provided for those who are trained in insulin adjustment.

**Phosphate/potassium** This recipe is low in phosphate however, if you add more cheese to the recipe or if you decide you'd like to add additional protein then please be aware that this will increase the phosphate content of the meal. If you have been prescribed a phosphate binder ensure you take them with this dish.

As this dish has very little protein, it is also low in potassium. Adding extra protein will also increase the potassium content so you may want to miss out the spinach, which is a high potassium vegetable.

**Protein** This is a low protein dish which is great if you have been advised to reduce your protein. If you have been advised to increase your protein, serve with fresh fish, tinned tuna or lean chicken. To keep it vegetarian, try adding meat alternative pieces.

## Special diets

**Gluten free:** Use a gluten free spaghetti.

**Vegetarian:** Check the Italian hard cheese you choose is vegetarian.

**Vegan:** Use a non-dairy vegan cheese.

**Healthier option** To reduce the fat content of this dish you could use less oil in the cooking and less cheese or omit the cheese completely.

Try to use whole wheat spaghetti in this recipe as it is higher in fibre than white spaghetti.



Everyday dish

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
31.5g	Carbohydrate	334Kcal	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

This vegetarian pasta dish is ideal for a speedy weekday supper.



1

Fill a large saucepan with water and bring to the boil. Add the spaghetti and cook until al dente, about 10-12 minutes.



2

Prepare and set aside the vegetables. Peel and thinly slice the garlic, chilli peppers and red onion. Deseed and slice the red pepper and courgette into thin strips.



3

Add the olive oil to a frying pan on a medium heat, add the garlic and chilli, stirring regularly for about 5 minutes or until the garlic is golden. Add the onion, red pepper and courgette. Cook gently until just soft.



4

Pour in the white wine and cook for a further 2-3 minutes.



5

Once cooked, drain the spaghetti and add to the vegetables. Add in the spinach and toss to coat well.



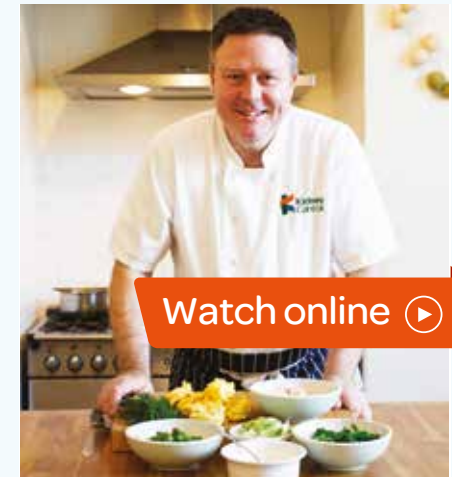
6

Season with pepper and sprinkle with chopped parsley and basil. Serve with the Italian hard cheese grated over the top.



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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