

Lamb kebabs

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

Homemade lamb kebabs provide plenty of protein without the additives found in takeaway versions.

Ingredients

500g lamb mince
 1 small onion
 2 tablespoons olive oil
 3-4 green chillies (to taste)
 1 teaspoon chilli flakes
 2 teaspoons ground coriander
 1 teaspoon Garam Masala powder
 2 teaspoons white poppy seeds
 ½ tablespoon Gram flour
 2 small tomatoes
 1 teaspoon cumin powder

To serve:

320g iceberg lettuce
 2 small tomatoes
 160g cucumber
 4 wholemeal pitta breads



Everyday Dish

✓	Low Phosphate		Low Protein
✓	Low Potassium	✓	Low salt
41g	Carbohydrate	590kcal	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.



Carbohydrate The pitta 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 Salad can be high in potassium but in this quantity, and served without potatoes, can be enjoyed as part of this meal. The salad will also provide two vegetable portions.

If you have been prescribed a phosphate binder, ensure you take them with this dish.

Protein These lamb kebabs have a high meat content making them high in protein, ideal for those on dialysis.

Special diets

Gluten free: This recipe is naturally gluten free.

Healthier option Try using reduced-fat lamb mince for a lower fat option.

Cheaper option Freeze any leftover mince for use in another dish.

Storage Any leftover kebabs should be allowed to cool and then be refrigerated in a container. They can be kept for up to two days and should be re-heated thoroughly before serving.



Cooking in the kitchen with Suwaya Masood and Nasaar Jabbar

Kebabs are one of the most popular dishes during Ramadan. They are often eaten at *iftar*, the evening meal when Muslims end their fast for the day at sunset.



To prepare the vegetables, peel and chop the onion and tomatoes into small cubes and chop the green chillies into small pieces. In a bowl, mix together the mince and chopped vegetables.



Add the olive oil, chilli flakes, ground coriander, Garam Masala powder, white poppy seeds, gram flour and cumin powder. Mix to combine.



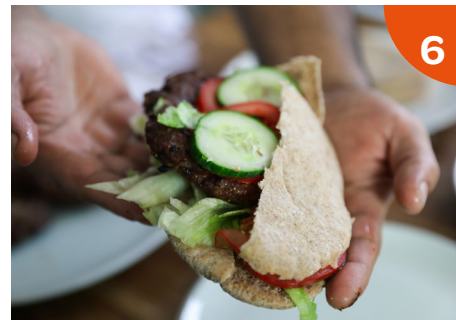
Form four small flat, round kebabs.



Cook the kebabs under a grill for 10 minutes until brown, turning them over halfway through.



Slice the lettuce, tomatoes and cucumber. Cut the pitta breads to open up the pocket.



Serve the kebabs in the pitta breads with the salad.



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.

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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