



Everyday dish

✓	Low Phosphate		Low Protein
✓	Low Potassium	✓	Low salt
35g	Carbohydrate	354Kcal	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.



# Leek, parsley and chive fishcakes

Prep: 35 mins • Cook: 30 mins • Serves: 4

Fishcakes are a great way to enjoy fish, which is a great source low fat protein.

### Ingredients

- 3 medium potatoes
- 100g salmon, skinless and boneless
- 100g pollock, skinless and boneless
- Zest of one small lemon
- 1 tablespoon fresh parsley
- 1 tablespoon fresh chives
- 1 leek
- Freshly ground black pepper
- 2 eggs, beaten
- 40g plain flour
- 60g fresh white or panko breadcrumbs
- 3 tablespoons vegetable oil
- 200g mixed salad leaves

**Carbohydrate** The main source of carbohydrate in this meal is from the potatoes, flour and breadcrumbs. The total carbohydrate value has been provided for those who are trained in insulin adjustment.

**Phosphate/potassium** The fish naturally contains phosphate. If you have been prescribed a phosphate binder ensure you take them with this dish.

Boiling potatoes and draining and discarding the water helps to lower the potassium. You could lower the potassium further by boiling the leeks instead of frying.

**Protein** If you have been advised to follow a lower protein diet, reduce the amount of fish to 75g of each variety.

**Special diets**

**Gluten free:** Use gluten free breadcrumbs and flour.

**Healthier option** There is no added salt in this recipe and baking the fishcakes reduces the fat added in the cooking process.

**Cheaper option** Using tinned fish in spring water could be used to replace the fresh fish. You may prefer to use a teaspoon of dried herbs in place of the fresh.

**Storage** This dish is best cooked fresh. Leftovers can be cooled and refrigerated. Keep in an airtight container and eat within two days. Heat thoroughly before serving.

**Tips** To poach your fish, fill a wide bottom saucepan with water and bring to a simmer. Add your fish and cook ten minutes on a low simmer. The fish is cooked when it is opaque and starts to flake when prodded.



## Cooking in the kitchen with Chef Ripley

These delicious crispy fishcakes are simple to make and deliver great flavour from the leeks and chives for a weeknight dinner.



1

Pre heat your oven to 220C/gas mark 7. Peel the potatoes and chop into small chunks. Boil for 20-30 minutes in plenty of water until soft and then mash. Clean, trim and slice the leeks then fry in a tablespoon of oil until soft. .



2

Steam, bake or poach the fish until cooked and starting to flake. Remove it from the liquid with a slotted spatula and gently flake into a bowl.



3

Stir the leeks, flaked fish, lemon zest, black pepper and herbs into the mashed potato. With wet hands, roll the fishcake mixture into 8 small balls. Lightly press and shape to make fishcakes.



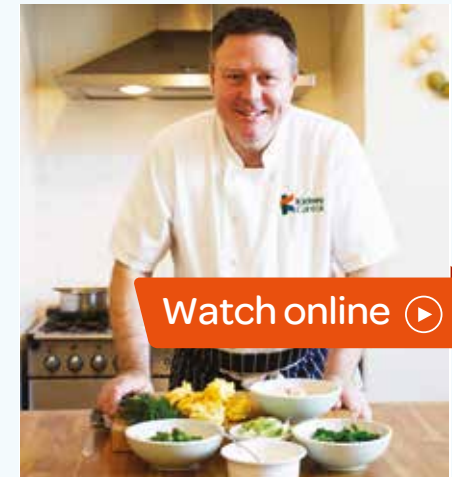
4

Roll each fishcake in flour, dip into the beaten egg and coat in breadcrumbs. Pour the rest of the oil on to a baking tray and place the fishcakes on top, turn over to ensure there is oil on both sides. Bake for 20 minutes, turning half way through until golden brown. Serve with mixed salad leaves.



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 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](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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