



Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium		Low salt
30g	Carbohydrate	378Kcal	Energy
<i>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.</i>			



# Quick lamb and leek hotpot

Prep: 10 mins • Cook: 30 mins • Serves: 4

This is a simple, quick to make dish that's high in protein and low in potassium and phosphate. Perfect for a post dialysis dinner.

### Ingredients

- 400g white potatoes
- 500g diced lamb leg steak
- 1 tablespoon oil
- 1 large leek
- 2 sprigs of fresh rosemary chopped
- 500ml low salt lamb gravy
- 160g green beans
- 1 tablespoon butter
- Black pepper

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

**Phosphate/potassium** For those following a low potassium diet this dish is low in potassium when using the portion sizes specified.

Overall, this dish is low in phosphate. It does however contain phosphate, which is mainly provided by the Lamb. If you have been prescribed a phosphate binder, ensure you take them with this dish.

**Protein** This dish is high in protein which is ideal for those on dialysis.

If you have been advised to lower your protein intake, you can reduce the lamb to 100g per portion.

### Special diets

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

**Healthier option** Look on the label for lean lamb, this will help keep the fat content of this dish down.

There is the no added salt in this recipe but the low salt gravy granules in this dish will still contain a small amount of salt, which makes it slightly above the range to be classified a low salt dish.

Check the nutritional information and choose the one with the lowest salt content

**Cheaper option** This is a relatively low cost dish, however you can save money by swapping the fresh rosemary for 1/2 tsp of dried rosemary.

**Storage** Once cooled store in an airtight container and keep in the fridge for up to 3 days. Reheat thoroughly before serving.



## Cooking in the kitchen with Chef Paul Ripley

A quick version of a traditional British favourite which is rich and filling for a family dinner.



1

Fill a saucepan with water and bring to the boil. Peel and cut the potatoes into thin slices about 0.5cm thick and cook in boiling water for 8-10 mins.



2

Meanwhile, heat frying pan over high heat and dry fry (without oil) the diced lamb for 5 mins until browned on all sides.



3

Clean, trim and slice the leeks and chop the rosemary. Pour in the oil, add the leeks and rosemary to the pan and fry for 2-3 mins until the leeks are a little soft.



4

Make the gravy according to instructions, add to the pan and gently stir to combine. Simmer for 20 mins until lamb is cooked. Season with black pepper. Transfer mixture to an oven proof dish.



5

Preheat the grill. Drain the potato slices and allow to cool. Arrange the potato overlapping until the whole dish is covered in a single layer. Melt the butter and brush over the potato slices.



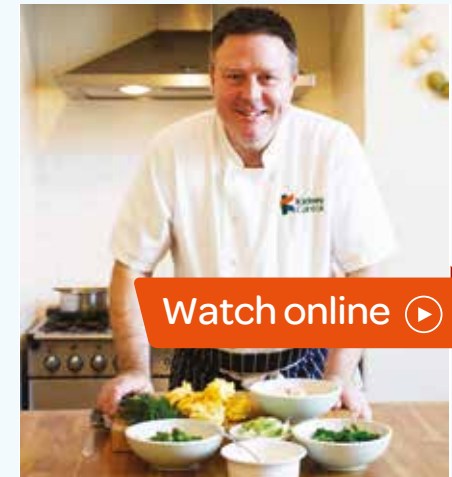
6

Grill for 5 minutes, until golden. Fill a saucepan with cold water and add the green beans, bring to the boil and cook for 5-10 mins until soft. Drain and discard the water. Divide between four and serve with the vegetables.



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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