

Seared salmon fillet and coriander salad

Prep: 20 mins • Cook: 15 mins • Serves: 4

Lovely fresh salmon salad, which is a great source of protein whilst low in potassium, phosphate and salt.

Ingredients

- | | |
|--------------------------------------|----------------------------------|
| 4 salmon fillets (approx. 120g each) | 1 tablespoon sesame seeds |
| 200g rice noodles | 2 tablespoons pickled ginger |
| 20g fresh coriander | 2 tablespoons sunflower oil |
| 6 spring onions | 1/2 cucumber |
| 1/2 green chilli | 4 tablespoons sweet chilli sauce |
| 150g beansprouts | 1 lime |
| 100g watercress | 75ml water |
| | 2 teaspoons sesame oil |

Carbohydrate The main source of carbohydrate in this dish comes from the rice noodles. The carbohydrate value of this dish has been provided for those who have been trained in insulin adjustment.

Phosphate/ potassium Despite the use of some high potassium and high phosphate ingredients, the quantities have been carefully selected so when served in the portions recommended the overall dish is low in both potassium and phosphate.

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

Protein The salmon used in this recipe provides a good source of protein which is great for people receiving dialysis who need to eat more protein. If you have been advised to reduce your protein intake, serve with a smaller portion of 80-100g salmon.

Special diets

Gluten free: This recipe is naturally gluten free.

Vegetarian / Vegan: Check out the recipe for sticky tofu and coriander salad.

Healthier option There is no added salt in this recipe the flavour comes from the various herbs, ginger and lime zest as well as the fresh salad vegetables.

Cheaper option You could try the vegetarian option of tofu to reduce the cost or perhaps replace the salmon with a white fish, chicken breast or even tinned fish.

Storage Once cooked, place in an airtight container and refrigerate. Consume within two days.

Tips If you have had a transplant you should buy your fish pre-packaged, rather than from a fresh fish counter, in order to avoid any risk of bacterial contamination.

Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
15.5g	Carbohydrate	407Kcal	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 zesty, Asian inspired salmon is quick to cook and makes a great summery meal. Why not try cooking it on the BBQ.



1

Follow instructions to cook rice noodles by covering in boiling water then set aside. For the salad, pick the watercress and coriander leaves, place in salad bowl with beansprouts. Thinly slice the spring onions, cucumber, and green chilli.



2

Add pickled ginger, toasted sesame seeds and grated lime zest. For the dressing, mix sweet chilli sauce water, zest and juice of lime and roasted sesame oil.



3

To cook salmon, dry fillets using kitchen towel. Heat a tablespoon of sunflower oil in frying pan, over medium to high heat. Place the salmon fillets skin side down until cooked three quarters of way through then turn fillets over and cook for 3-4 minutes.



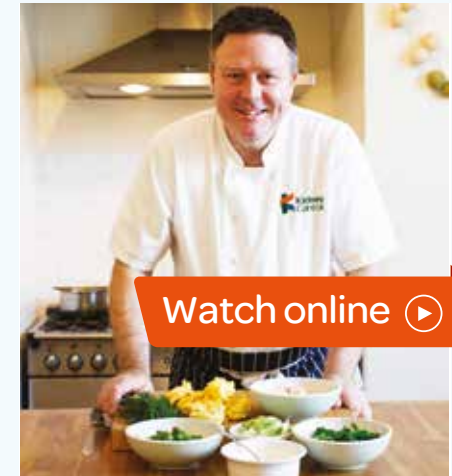
4

To assemble salad, add drained, blanched noodles to salad and mix thoroughly with salad dressing. Decorate with coriander 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 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



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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