



# Simple one-pot sausage & lentil casserole

Prep: 5 mins • Cook: 30 mins • Serves: 4

This is a simple hearty dish, low in phosphate and potassium but high in fibre. See the healthier options for tips to lower fat content if you are trying to reduce your weight.

### Ingredients

- 1 tbsp olive oil
- 8 pork sausages (approx. 400g)
- 1 small onion
- 1 garlic clove
- 1 red pepper
- 250g cooked puy lentils
- 150ml low salt vegetable stock
- 125ml red wine
- 240g broccoli

Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium		Low salt
30.6g	Carbohydrate	478Kcal	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 lentils are the main source of carbohydrate in this dish. The carbohydrate value has been provided for those who have been trained in insulin adjustment. Lentils do have a low glycaemic index and may have a much smaller effect on the blood glucose.

**Phosphate/potassium** Following the serving sizes provided in this recipe, this dish is low in both potassium and phosphate.

Overall, this dish is low in phosphate, however it does contain some phosphate from both the sausages and lentils. If you have been prescribed a phosphate binder, ensure you take them with this dish.

**Protein** This dish is high in protein, provided by the sausages and lentils, which makes it particularly suitable for anyone receiving dialysis.

**Special diets**  
**Gluten free:** This dish can be gluten free when using a gluten free stock cube and sausages. **Vegetarian / vegan:** This dish could easily be adapted to suit a vegan or vegetarian diet by selecting the appropriate sausages and wine.

**Healthier option** If you are trying to reduce your weight, then by replacing the sausages with a reduced fat variety will significantly reduce the calories.

There is no added salt in this recipe but the sausages in this dish do contain salt, which makes it slightly above the range to be classified a low salt dish. Check the nutritional information and choose the ones with the lowest salt content. Avoid tinned sausages, such as hot dog style as these will be very high in salt.

**Cheaper option** This is a relatively low cost dish, however you can save money and leave out the wine, using an extra 150ml of stock instead.

**Storage** Allow to cool and then store in an airtight container in the fridge for up to 3 days. Thoroughly reheat before serving.



## Cooking in the kitchen with Chef Paul Ripley

Using delicious puy lentils this one-pot sausage stew makes a comforting weeknight meal.



1

Heat the oil in a large frying pan and cook the sausages just until browned on the outside, then remove and set aside.



2

Peel, halve and finely slice the onion. Deseed and slice the red pepper. Peel and crush the garlic clove.



3

Using the same pan add the onion and pepper and crushed garlic. Cook for about 5 minutes until softened.



4

Return the sausages to the pan. Make up the stock pour into the pan along with the wine, if using. Bring up to the boil.



5

Lower to a simmer and cook for 15 minutes until sausages are cooked through. Add lentils and cook for further 5 minutes.



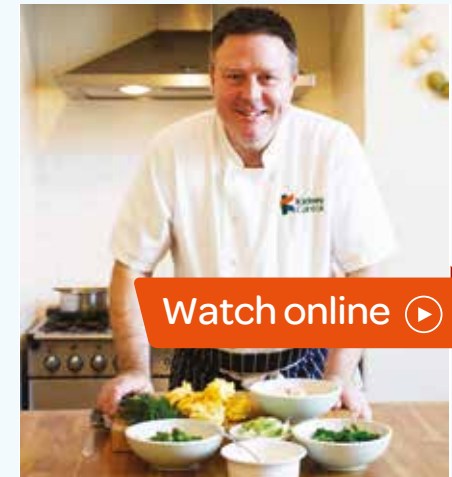
6

Meanwhile, cut the broccoli into small heads and add to saucepan of water. Bring to the boil and cook for 10 minutes. Drain and discard the water. Serve the broccoli with the sausage and lentil casserole.



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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