

Greek lamb with orzo

Prep: 20 mins • Cook: 2 hrs 20 mins • Serves: 8

Prepare this one pot meal in advance for a tasty post dialysis meal, that's high in protein and low in potassium and phosphate.

Ingredients

1 tablespoon olive oil	600ml low salt chicken stock
800g diced lamb shoulder	300g orzo pasta
2 onions	400g tinned tomatoes
1 teaspoon oregano, dried	1 red pepper (approx. 75g)
1 teaspoon thyme, dried	75g pitted black olives
1 teaspoon mint, dried	50g sun dried tomatoes
3 bay leaves	100g feta cheese
1/2 teaspoon ground cumin	1 lemon
1 teaspoon smoked paprika	Fresh oregano, mint and thyme (optional)

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

Phosphate/ potassium This dish does contain ingredients that are high in potassium and phosphate, such as tomatoes, sun dried tomatoes and cheese. However, the quantities have been kept to a minimum and by using the quantities listed and following the the recommended serving size, the overall phosphate and potassium content of the dish remains low.

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

Protein This is a great high protein dish, ideal for those on dialysis. If you have been advised to reduce your protein intake, enjoy a smaller portion or consider substituting the lamb for a vegetarian alternative such as tofu, chickpeas or butter beans.

Special diets

Gluten free: Use a gluten free stock and switch to a gluten free pasta. Macaroni would work well if you can't find gluten free orzo. **Vegetarian:** Use tofu, chickpeas or butter beans and reduce cooking time to 30 minutes. **Vegan:** Use a vegan Greek style cheese.

Healthier option The flavour of this dish comes from all the herbs and spices and therefore additional salt is not required. The stock will contain some salt but low salt or very low salt stock cubes or stockpots are readily available in supermarkets.

Cheaper option Lamb can be quite an expensive meat. Chicken or pork could be used or try the vegetarian option for a cheaper alternative. If fresh herbs are not available you can use dried herbs.

Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium		Low salt
35g	Carbohydrate	483Kcal	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

A hearty traditional Greek lamb stew recipe with orzo pasta. This juicy, melt-in-the-mouth lamb is delicious with lots of lovely fresh herbs and ingredients.



1

Heat the oven to 180C /gas mark 4. Season the lamb well with pepper and the dried thyme, oregano and mint. Heat the oil in a large casserole dish over a high heat. Fry for 5 minutes until browned on all sides.



2

Finely chop and stir in the onions, bay leaves, cumin and paprika. Add the tinned tomatoes and 350ml of the hot chicken stock. Stir well and bring to a simmer. Cover the casserole dish and transfer to the oven to cook for 1 ½ hours – until the lamb is tender.



3

Deseed and chop the pepper and dice the sun dried tomatoes, stirring them in with the olives, orzo and remaining stock. Stir well and recover with the lid. Return to the oven for a further 30 minutes until the orzo is tender.



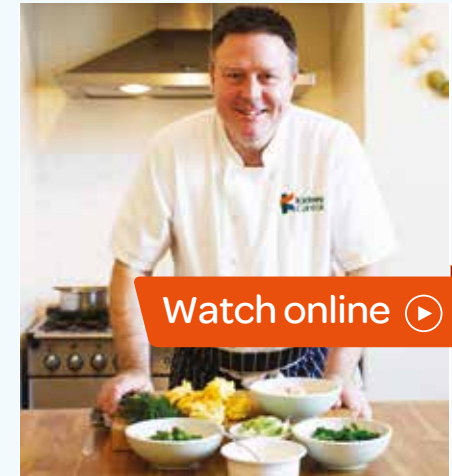
4

Remove from the oven, stir well and crumble over the feta cheese and sprinkle over some freshly cut herbs if desired. Add the zest of one lemon and drizzle over the juice to serve.



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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