

# Beef stir fry with rice

Prep: 1hr 15 mins • Cook: 30 mins • Serves: 4

This dish is very high in protein so would make a suitable dinner for someone having dialysis, particularly if you are not on a potassium and/or phosphate restriction.

## Ingredients

560g beef steak, rump or sirloin	1 beef stock cube, low salt
4 small tomatoes	300ml boiling water
4 spring onions	2 tablespoons clear honey
1-2 garlic cloves, crushed	2 tablespoons red wine vinegar
4 celery sticks	2 tablespoons sunflower oil
1 red pepper	1 tablespoon Worcestershire sauce
2-3 teaspoons mild chilli powder	250g wholegrain rice
2 tablespoons paprika	

**Carbohydrate** The main source of carbohydrate in this dish is provided by the rice. However, the honey will also add to the carbohydrate of this meal. The carbohydrate values have been provided for those who have trained in insulin adjustment.

**Phosphate/potassium** Noodles would also make a great accompaniment to this dish as they are low in both phosphate and potassium. If you have been prescribed a phosphate binder ensure you take them with this dish.

**Protein** This recipe is very high in protein which is great for people on dialysis. If you have been advised to reduce your protein intake, have a smaller portion of the beef.

## Special diets

**Gluten free:** Using a gluten free stock cubes and serving with rice makes this dish suitable for people following a gluten free diet.

**Vegetarian:** Beef can be replaced with vegetarian protein such as tofu or Quorn pieces to suit a vegetarian diet.

**Vegan:** If you follow a vegan diet you may also wish to miss out the honey and use one tablespoon of golden syrup in its place.

**Cheaper option** Substitute beef with turkey or tofu for an equally tasty but cheaper dish.

**Storage** Freeze any left-over beef stir fry but we do not recommend freezing rice. To defrost, remove the lid from the container and leave in the fridge to defrost slowly. Reheat thoroughly either in your wok, frying pan or in the microwave.



Everyday dish

	Low phosphate		Low protein
	Low potassium		Low salt
59.8g	Carbohydrate	697Kcal	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

Whip up this tasty, Asian inspired stir fry with tender beef. Perfect for a busy weeknight dinner or to make ahead and freeze.



1

Cut the beef into 1cm strips and place in bowl. Add the paprika and chilli powder, evenly coating the beef. Leave to marinate for 1 hour.



2

Stir after 30 minutes and check the beef is well coated. Rinse rice under cold running water then add to a saucepan and pour over 500ml of water. Bring to a rolling boil and reduce the heat to a gentle simmer. Cook for 30 minutes.



3

Cut the celery and pepper into 5 cm lengths and then into strips about 5 mm thick. Thinly slice the spring onions and set aside. Peel and slice the tomatoes, saving for later.



4

Heat the oil in a wok or large frying pan and fry the spring onions, garlic, celery and peppers for one minute before adding the steak. Continue to fry on a high heat for 3-4 minutes.



5

Make up the sauce by adding one stock cube to 300ml of boiling water and adding the Worcestershire sauce, honey and red wine vinegar. Add the sauce and cook until the meat is well coated.



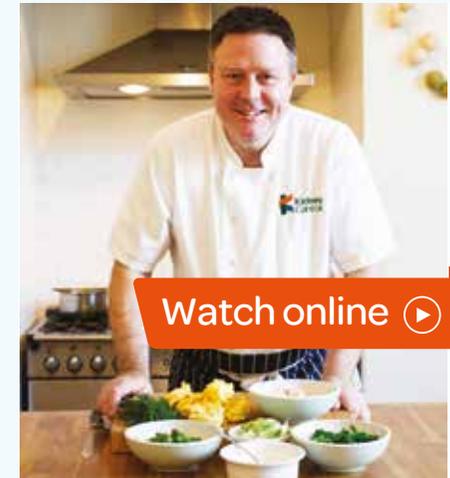
6

Add the tomatoes and heat through. Drain the rice and rinse with boiling water, serve immediately.



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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