



Everyday dish

	Low phosphate		Low protein
	Low potassium	✓	Low salt
24g	Carbohydrate	496Kcal	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.



# Chicken stuffed with roasted red pepper, cream cheese & basil

Prep: 20 mins • Cook: 40 mins • Serves: 4

A low salt family dish with a delicious flavour which makes a good weekday main meal.

### Ingredients

- 4 chicken breasts, skinless and boneless
- 200g cream cheese
- 2 roasted red peppers, from a jar
- 2 cloves garlic
- 1 handful fresh basil leaves
- 10g fresh parmesan cheese
- 1-2 tablespoon Italian seasoning
- Pepper to season
- 240g rice
- 200g purple sprouting broccoli

**Carbohydrate** The main source of carbohydrate in this dish is the rice. The carbohydrate values have been provided for those who have trained in insulin adjustment.

**Phosphate/potassium** The meal will contain a reasonable amount of phosphate from the chicken and the cheese, but you could reduce the portion of cheese to lower the phosphate content. If you have been prescribed a phosphate binder ensure you take them with this dish. Peppers are a great alternative to tomatoes if you need to be more careful with your potassium intake.

**Protein** Because the protein content of this dish is high it is great for people who are on dialysis. If you have been advised to lower your protein intake, you can reduce the amount of chicken to a portion between 70-100g.

### Special diets

**Gluten free:** This dish is naturally gluten free.

**Healthier option** There is no added salt in this dish. If you want to reduce the amount of fat you eat try using a light version of the cream cheese.

**Cheaper option** Frozen chicken breasts which have been defrosted thoroughly for 24 hours in the fridge may be cheaper than using fresh chicken breasts. You can save money by serving with a head of broccoli or by grilling your own bell peppers instead of buying in a jar.

**Tips** To grill your own peppers, just place under a high heat until the skin is brown/black, place in a plastic food bag and wait until they start to sweat. The skin should be very easy to remove then.



## Cooking in the kitchen with Chef Paul Ripley

Stuffed chicken breast is easy to make and deliciously cheesy.



Preheat oven to 180C/ gas mark 4. Grease a large casserole dish with a little olive oil. Make a butterfly cut in each chicken breast by slicing into long side, stopping about 1cm from opposite side, being careful not to cut all the way through.



Open up each chicken breast so it is flat, sprinkle with half of the Italian seasoning and pepper. Mix crushed garlic with the cream cheese and spread a thin layer on each breast. Rinse and thinly slice the roasted red pepper and place with a basil leaves on top of the cream cheese.



Fold the side of the chicken breast closed, tucking in the red pepper, basil, and cheese. Use cocktail sticks to keep the chicken closed. Sprinkle the Italian seasoning over the top and bake in the oven for 30-40 minutes. Wash and add rice to a pan of boiling water cook, following the packet instructions.

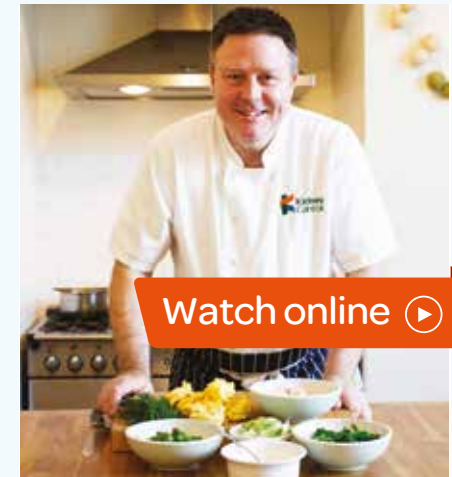


Once cooked, grate over the parmesan cheese. Grill the chicken under a high heat until cheese is browned and bubbly. Cook the purple sprouting broccoli in a saucepan of boiling water. Serve with the broccoli and rice, pouring over some of the meat juices as a light sauce.



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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