

# John Dory with tropical fruit salsa & couscous

Prep: 30 - 40 mins • Cook: 10 mins • Serves: 4

Fish is a great source of protein and with all the fruity flavours this recipe is naturally low in salt and fat

## Ingredients

4 John Dory fillets, approx.100g each  
 4 tablespoons extra virgin olive oil  
 1/2 lime  
 Ground black pepper  
 200g couscous  
 200ml boiling water

110g white sugar  
 1 vanilla pod, seeds only

## Tropical fruit salsa

175g fresh pineapple,  
 175g fresh mango  
 175g fresh papaya  
 1/2 red chilli  
 1 tablespoon red onion  
 1/2 teaspoon root ginger  
 1 tablespoon fresh coriander

## Mango vinegar

75g mango  
 30ml white wine vinegar  
 30ml water

**Carbohydrate** The main source of carbohydrate in this meal is from the couscous, the salsa and the vinegar. The total carbohydrate value has been provided for those trained in insulin adjustment.

**Phosphate/potassium** This meal is not very high in phosphate but If you have been prescribed a phosphate binder ensure you take them with this dish.

This meal contains two portions of fruit per serving. Mango and papaya are particularly high in potassium but as the quantities used in this recipe are small and if no other vegetables are served then the dish can be eaten as part of a low potassium diet.

**Protein** Fish is high in protein and low in fat. If you have been advised to reduce your protein you can the portion of fish used.

## Special diets

**Gluten free:** Serve with rice instead of couscous for a gluten free alternative.

**Cheaper option** You can substitute John Dory for any sustainably sourced white fish such as halibut or sea bass. Try using drained, tinned fruit instead of fresh or swapping the vanilla pods for 1/4 teaspoon of vanilla extract for a cheaper option.

**Storage** Fish should be fresh when cooked. The salsa can be made in advance but not mixed with the mango vinegar until ready to serve but is also best eaten the same day.

Special occasion

✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
89.5g	Carbohydrate	610Kcal	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 tasty and versatile Caribbean favourite can be eaten on its own, or a side dish with salad, fish or meat.



1

To prepare the mango vinegar, peel, destone and dice the mango. Bring the water and sugar to the boil and add the vanilla seeds. Continue to boil for two minutes. Remove from the heat and add the white wine vinegar and mango. Pour this into a blender and puree into a smooth paste.



2

Peel, core, deseed or destone the fruits and dice into 0.5cm cubes. Deseed and finely chop the red chilli and peel and finely dice the red onion. Peel and finely grate the root ginger and chop the coriander. Combine in a bowl and mix well. Measure out the couscous.



3

Pour boiling water over the couscous, cover and leave for 5-10 minutes. Heat a frying pan until smoking. Brush the fish with olive oil and lime juice, season with freshly ground black pepper. Sear the fish on a medium high heat for 5 minutes on each side until cooked through. Remove from heat, set aside.



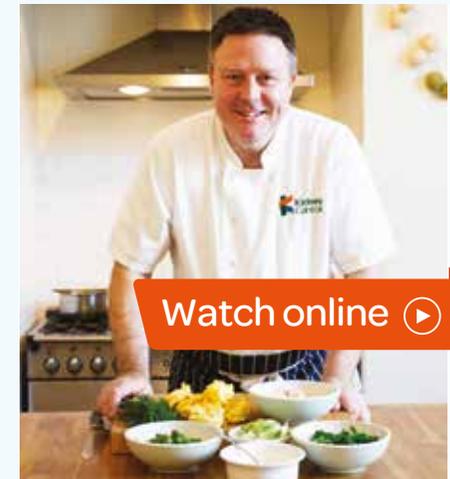
4

Fluff the couscous up with a fork and it is ready to serve. Combine the mango vinegar with the tropical salsa. Place a small mound of salsa in the centre of each plate. Place a fillet of fish on top of each mound and spoon over more salsa 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](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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