

Vegetable frittata

Prep: 20 mins • Cook: 15 mins • Serves: 4

Eggs are a great source of protein and combined with the vegetables this frittata is ideal as a light meal.

Ingredients

1 tablespoon olive oil	100g peas, fresh or frozen
1 onion	6 eggs
1 garlic clove	35g soft cheese
1 red bell pepper	1 teaspoon dried oregano
1 carrot	1/2 teaspoon black pepper
100g tenderstem broccoli	

Carbohydrate This meal is low in carbohydrate, try serving with rice, pasta or couscous for a more filling meal. The total carbohydrate value has been provided for those who are trained in insulin adjustment.

Phosphate/potassium Cream cheese and cottage cheese are the lowest phosphate options to use. Soft cheese like brie when used in this quantity keeps the overall phosphate content of this dish low. If you have been prescribed a phosphate binder ensure you take them with this dish.

We boiled the vegetables before adding to the frittata to reduce their potassium content.

Protein This dish contains a moderate amount of protein and is suitable for people on dialysis. If you have been advised to reduce your protein you can divide this recipe into five portions instead of four.

Special diets

Gluten free: This dish is naturally gluten free.

Cheaper option Frozen peas and broccoli could be used instead of fresh versions. Frozen pepper is also available if you want to change the amount of pepper used.

Storage Any leftover frittata should be allowed to cool then be refrigerated and eaten within two days.

Tips Avoid using a processed or flavoured spreadable cheese as these are high in phosphate.

Rather than using a large frying pan, you could make smaller frittatas ideal for snacks for another day, using a greased or silicon cake mould.

Everyday dish

Vegetarian

✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
10.5g	Carbohydrate	291Kcal	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 vegetable frittata is packed with red pepper, onion, broccoli, carrots and peas. Serve hot or cold it makes a great option for a quick breakfast, lunch or dinner.



1

Preheat oven to 220C/gas mark 6. Prepare the vegetables by peeling and chopping the carrot and boiling together with the broccoli for 5 minutes, until softened, then set aside. Peel and finely chop the onion, deseed and chop the red pepper and peel the garlic clove.



2

In a mixing bowl, whisk together the egg, cheese, herbs and black pepper. Heat oil in a frying pan, add the onion and once softened, crush and add the garlic. Add the chopped bell pepper and carrot. Cook for a further minute. Add the broccoli and stir in the peas for final minute.



3

Give your egg mixture a final whisk and pour the mixture over the vegetables. Stir briefly to distribute the mixture evenly across the pan. Cook on the hob for 1-2 minutes until the edge of the frittata has turned lighter in colour.



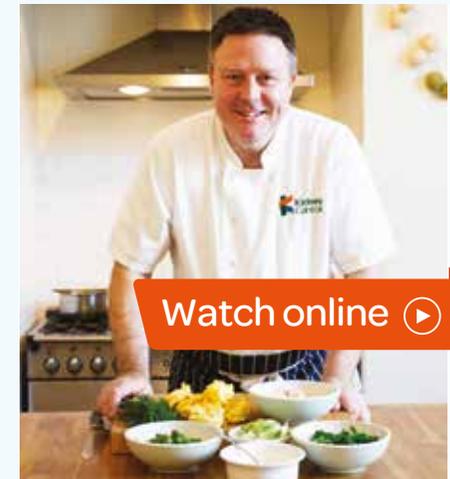
4

Transfer to the oven and bake for 8-10 minutes. Ideally, you should take the frittata out of the oven when the middle still has a slight jiggle to it or when it is just set and no more. Cool in the pan for 5 minutes and then slice.



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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