

Chicken biryani

Prep: 5 mins • Cook: 40 mins • Serves: 4

This quick and easy, high protein recipe makes a great post-dialysis meal. It is low in potassium and contains almost two portions of vegetables per serving.

Ingredients

300g basmati rice	3 chicken breasts, skinless (approx. 375-400g)
25g unsalted butter	4 tablespoons Tikka curry paste
1 onion, large	850ml low salt chicken stock
1 bay leaf	200g frozen peas
1/2 teaspoon ground cinnamon or 1 cinnamon stick	200g green beans
1 teaspoon turmeric	30g fresh coriander

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

Phosphate/potassium This dish contains phosphate, which is mainly provided by the chicken, an excellent source of protein. If you have been prescribed a phosphate binder ensure you take them with this dish.

If using the portion sizes specified, this dish is low in potassium.

Protein This dish is high in protein which is ideal for those on dialysis.

For those who have been advised to reduce their protein intake, you could consider omitting the chicken to have a vegetable biriyani.

Special diets

Gluten free: This dish is gluten free when using a gluten stock cube and curry paste.

Vegetarian / Vegan: Use meat substitute pieces or tofu in place of chicken and a low salt vegetable stock cube to replace the chicken stock.

Healthier option There is no added salt in this recipe, however there will be some in the curry paste but in these quantities it is only slightly above the range to be classified a low salt dish. Check the nutrition labels for the Indian curry pastes available at your local supermarket and use the one with the lowest salt content. Alternatively, you could look online for a curry paste recipe and make a salt free version.

Cheaper option This is a relatively low-cost dish, however by omitting the fresh herbs you can further reduce the cost. Frozen green beans are also available.

Everyday dish

	Low phosphate		Low protein
✓	Low potassium		Low salt
33.2g	Carbohydrate	378Kcal	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

Chicken biryani is a rich and aromatic Indian one-pot rice dish. An easy, family favourite to make for a comforting weeknight dinner.



1

Wash the rice in cold water for a few seconds. This will make it less sticky once cooked. Peel and finely chop the onion. Heat the butter in a pan and add the onion, bay leaf, and cinnamon. Cook on a medium heat for 10 minutes.



2

Cut the chicken breasts into large chunks. Add the chicken, turmeric and curry paste. Cook until the chicken is slightly browned.



3

Add the rice and pour over the chicken stock, stirring well.



4

Place a tight-fitting lid on the pan and bring to a boil, then lower the heat. Meanwhile slice the green beans.



5

Add the frozen peas and green beans to the pan.



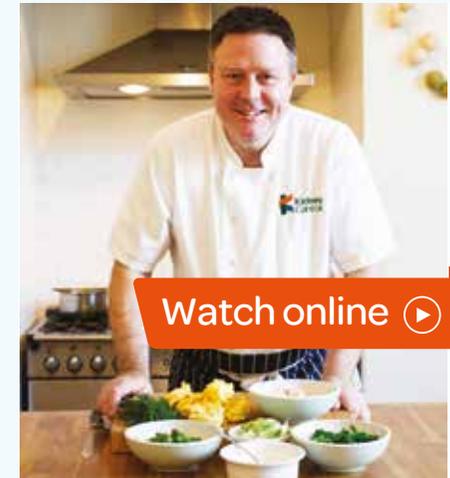
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Stir occasionally on a low heat for about 30 minutes until the rice, chicken and vegetables are cooked. Roughly chop the fresh coriander and scatter over the dish before serving. Remove the cinnamon stick (if used) before serving.



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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