

Meringue with mango and lime cream

Prep: 20-30 mins • Cook: 1 hr 30 mins • Serves: 8

This tasty meringue dessert is low potassium and low phosphate. If you are short on time, you can use readymade meringues instead.

Ingredients - Meringues

5 large eggs
300g caster sugar
2 teaspoons cornflour
1 teaspoon icing sugar

Mango and lime cream

600ml fresh cream
150g mango
1 lime

Carbohydrate The sugar in the meringue makes this dessert high in carbohydrate. The carbohydrate values have been provided for those who have trained in insulin adjustment.

Phosphate/potassium Egg whites and cream are both low in phosphate. If you have been prescribed a phosphate binder ensure you take them with this dish.

The small portions of mango used in this recipe keep the overall potassium content of this dessert low.

Special diets

Gluten free: This dish is naturally gluten free.

Healthier option If you want to reduce the amount of sugar or fat you eat, use half fat crème fraiche or plain low fat yoghurt. Replace the sugar in the mango and lime cream with sweetener.

Cheaper option Try buying frozen mango pieces for a cheaper option and defrost fully in the fridge before serving.

Storage Refrigerate any leftover fruit and cream separately and use within two days, topping the meringues just before serving. Store the homemade meringues in an airtight container.

Tips For a quick and easy option, use shop bought meringue nests. A simple way to split the egg yolk from the white is to use a slotted spoon. When mixing egg whites, make sure the bowl is spotlessly clean and preferably stainless steel or copper. To save time (and your arms!) use an electric whisk.

Special occasion

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
46g	Carbohydrate	453Kcal	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 meringue with mango and lime cream is sunshine on a plate. The fresh colours and flavours make an exciting summer treat.



1

Preheat your oven to 130C/gas mark ½. To make the meringues, draw eight, 6cm circles on parchment paper, leaving spaces in between each circle. Place the paper on a large baking tray.



2

Separate the eggs. Place the egg whites in a large, clean, dry bowl. Whisk the egg whites until they are firm enough to form stiff peaks. In a separate bowl, sieve the caster sugar with the cornflour together. Add one tablespoon at a time, whisk it into the mixture until the sugar is dissolved.



3

Spread a 2cm thick layer of meringue evenly over the circles drawn on the parchment paper. Use a spoon or piping bag to add the remaining mixture around the edges of each circle. Bake for around 1 hour 30 minutes or until the meringue is crisp and just very lightly coloured.



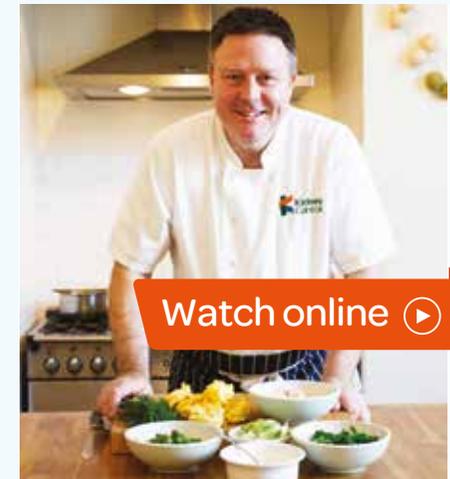
4

To make the mango and lime cream, whip the cream and fold in the icing sugar. Add the juice and zest of ½ the lime. To serve, fill the meringue nests with lime cream and top with peeled, de-stoned and diced mango. Dust with icing sugar.



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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