

# Nathan Outlaw's baked sea bass

Prep: 10-15 mins • Cook: 30-40 mins • Serves: 4

A tasty low potassium and low phosphate dish. This balanced meal is packed full of flavour and contains 2 portions of vegetables.

## Ingredients

- 4 sea bass fillets (70-80g each)
- 50ml olive oil
- 4 shallots
- 2 large carrots
- 2 red peppers
- 6 spring onions
- 1 teaspoon fennel seeds
- 100ml white wine
- 50g caster sugar
- 100ml white wine vinegar
- Pepper to taste
- 200g new potatoes, washed
- 1 teaspoon smoked paprika
- 3 teaspoons chopped dill
- 3 teaspoons chopped tarragon
- 250g broccoli florets
- 120g green beans



Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium		Low salt
30g	Carbohydrate	508Kcal	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.



**Carbohydrate** New potatoes are the main source of carbohydrate in this dish and the values have been provided for those who have been trained in insulin adjustment.

**Phosphate/potassium** This recipe, including green vegetables is low in potassium so is suitable for a low potassium diet, providing you follow the serving sizes.

This recipe does contain a small amount of phosphate, mainly from the fish but overall the recipe is low in phosphate. If you have been prescribed a phosphate binder ensure you take them with this dish.

**Protein** The fish used in this recipe provides a good source of protein which is great for people receiving dialysis who need to eat more protein. If you have been advised to eat a low protein diet, use a smaller portion of the fish.

## Special diets

**Gluten free:** All ingredients are naturally gluten free

**Vegan:** As an alternative to fish, try stirring in some butter beans or green lentils, both tinned in water for a delicious vegan alternative.

**Healthier option** There is no added salt in this recipe but it is found naturally in the fish. It is only slightly above the range to be classified a low salt dish. Try reducing the sugar and using less oil to reduce the fat.

**Tips** If you have a transplant you should buy your fish pre-packaged, rather than from a fish monger or a fish deli counter, in order to avoid any risk bacterial contamination.

If you don't have white wine vinegar you can use any other vinegar e.g. white, red or sherry vinegar.



## Cooking in the kitchen with Chef Nathan Outlaw

Sea bass is great for a simple supper or for a dinner party. Try this all-in-one dish, with accompanying soured vegetables and smoked paprika potatoes.



1

Heat your oven to 220°C /gas mark 7. Cook the potatoes in a pan of boiling water until just soft. Drain and leave until cool enough to handle, then cut in half. Core, deseed and cut the peppers into broad strips. Peel and slice the carrots. Peel and halve the shallots and trim the ends of the spring onions.



2

Add the shallots, carrots, red peppers and spring onions to a roasting tray. Sprinkle with the fennel seeds. Add the wine, white wine vinegar, sugar and half of the olive oil, and gently mix together. Add the new potatoes and sprinkle with the paprika. Cook on the hob for 5 minutes.



3

2. Put the tray in the oven and roast for 20-25 minutes, taking out half-way through to stir. If needed add a small amount of water if the dish looks a bit dry. Meanwhile, fill a large saucepan with water and bring to the boil. Season the flesh of the fish with pepper.



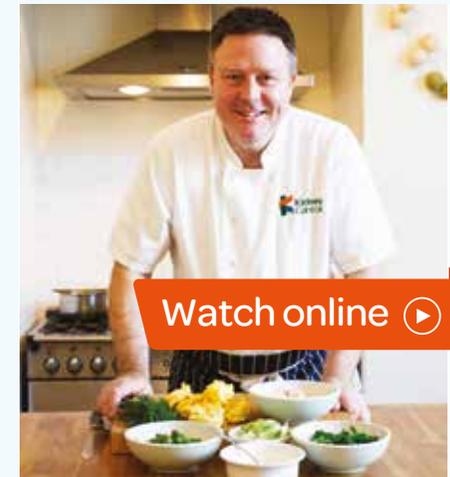
4

After 20-25 minutes, add the fish. Cook for a further 8 mins until the fish is thoroughly cooked. Add the green beans and broccoli to the boiling water for 6-8 minutes. Take the tray out of the oven and add the remaining olive oil and chopped herbs. Drain and serve the broccoli and green beans.



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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