

# Baked cod fillet, tabouli and tomato salsa

Prep: 45 mins • Cook: 8 mins • Serves: 4

A high protein meal, low in potassium, phosphate and salt. Perfect for those receiving dialysis.

## Ingredients

### Cod fillet

- 300g cod fillets, skinless
- 25g cheddar cheese
- 1 tablespoon fresh white breadcrumbs
- Pinch of freshly ground black pepper
- 1 tablespoon fresh mixed herbs
- 1 teaspoon olive oil

### Tomato salsa

- 65g ripe tomatoes,
- 1/2 red chilli
- 1/2 tablespoon fresh mixed herbs
- Pinch of freshly ground black pepper

### Tabouli

- 225g couscous
- 220ml boiling water
- 3 tablespoons lemon juice
- 1 tablespoon olive oil
- 2 garlic cloves
- 25g fresh mint leaves
- 25g fresh coriander
- 25g fresh dill
- 60g plum tomatoes
- 50g cucumber
- 25g spring onions
- Pinch of freshly ground black pepper

**Carbohydrate** The couscous and breadcrumbs are the main sources of carbohydrate in this main meal and the value has been provided for those who have been trained in insulin adjustment.

**Phosphate/potassium** This dish does contain ingredients that are high in potassium and phosphate. However, the quantities have been kept to a minimum and by using the quantities listed and following the recommended serving size, the overall phosphate and potassium content of the dish remains low.

If you have been prescribed a phosphate binder, ensure you take them with this dish.

**Protein** The fish provides a good source of protein, ideal for those receiving dialysis.

### Special diets

**Gluten free:** Couscous is not suitable for a gluten free diet so serve with rice, quinoa or gluten free pasta. Use gluten free breadcrumbs.

**Vegetarian/Vegan:** Stir a 400g tin of drained chick peas in to the tabouli to replace some of the protein and serve with the salsa.

**Cheaper option** Choose cheaper fillets of fish, frozen fillets, or fish on offer to reduce the cost. You can buy pre-packaged breadcrumbs or save money by making your own. To save money, use a teaspoon of dried mixed herbs as an alternative to the fresh herbs in the cod crust.

Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
51g	Carbohydrate	372Kcal	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 is a delightful fresh fish dish with a serving of tasty herby tabouli on the side.



1

Cover couscous with boiling water until absorbed. Fluff with a fork and stir in olive oil and lemon juice. Mince the garlic, chop the herbs and deseed and dice the tomatoes and cucumber. Toss into the couscous, sprinkling in the spring onions, thinly slice and a pinch of pepper. Cover and allow to absorb the flavours.



2

To prepare the herb crust for the cod, grate the cheese and combine in a bowl with the breadcrumbs and herbs. Season with pepper, then chill for 30 mins to allow the mixture to firm up.



3

Preheat the oven to 200C/gas mark 6. When firm, roll crust mixture between 2 sheets of grease proof paper ,cut into squares large enough to cover the pieces of cod Press it down so that it sticks. Brush baking sheet with olive oil and add the cod. Bake for 6-8 mins until the cod is just cooked.



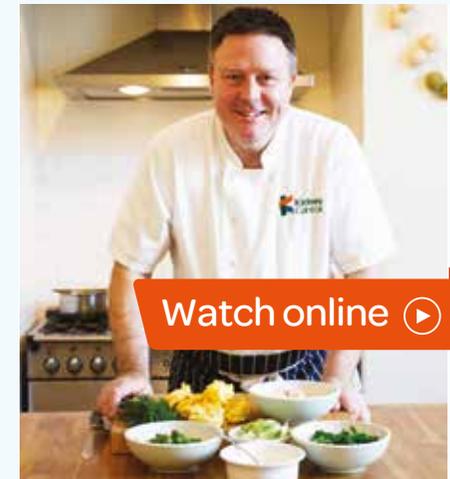
4

To make the salsa, chop the tomatoes and deseed and finely chop the chilli. Place in a bowl and add the herbs. Season with pepper and mix until well combined. Serve the salsa around the cod and the tabouli on the side.



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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