



Everyday dish
Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
87g	Carbohydrate	611Kcal	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.



Pea and mint risotto

Prep: 10 mins • Cook: 20 mins • Serves: 4

A simple, light and easy to make dish which is low in potassium, phosphate and salt. It is a good choice for anyone reducing their protein intake.

Ingredients

- 570ml low salt vegetable stock
- 1 small onion
- 2 tablespoons olive oil
- 350g arborio risotto rice
- 340g garden peas
- 25g unsalted butter
- 30g fresh mint
- 30g vegetarian Italian style cheese
- Freshly ground black pepper

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

Phosphate/potassium Although this dish contains vegetarian cheese which is a high phosphate food we have only used a small quantity. This helps to keep the overall dish low in phosphate. If you have been prescribed a phosphate binder, ensure you take them with this dish.

Peas and rice are low in potassium making this dish ideal for a low potassium diet.

Protein This dish contains a moderate amount of protein, with the peas being the main source. It is therefore an ideal meal if you have been advised to reduce your protein intake.

If you are not vegetarian, then adding chicken or fish would increase the protein in this dish, making it especially suitable if you are on dialysis or have been advised to follow a higher protein diet.

Special diets

Gluten free: Use a gluten free stock.

Vegan: Use a dairy free butter and cheese alternative.

Healthier option We have not added any salt to this recipe. The cheese does contain some salt but you can choose to leave this out.

Using a homemade stock would help reduce the salt content compared to using a ready-made stock. You can find our recipe for low salt vegetable stock in the Kidney Kitchen. Alternatively low salt and very low salt stock cubes and stock pots are available to buy in the supermarkets.

Cheaper option Use frozen peas as a cheaper and more convenient option to fresh peas. You could use 2 teaspoons of dried mint leaves instead of the bunch of fresh mint. If you cook with mint regularly buying a plant and growing it yourself is a cheaper option.



Cooking in the kitchen with Chef Paul Ripley

The vibrant colours and refreshing flavours of this dish will awaken your taste buds.



1

Heat the stock until almost boiling and then simmer. Dice onion and cook with a little oil on a low heat until soft in a separate saucepan. Add the rice to the onion and mix for a few seconds. Pour in 1/3 of the stock and simmer until almost all the stock is absorbed.



2

Keep adding a little stock at a time until the rice is firm and slightly chewy. You may not need all the stock, but the texture should be loose and creamy.



3

Puree 250g of the peas with half of the fresh mint using an electric or hand blender. Boil the remaining 90g peas in plenty of unsalted water.



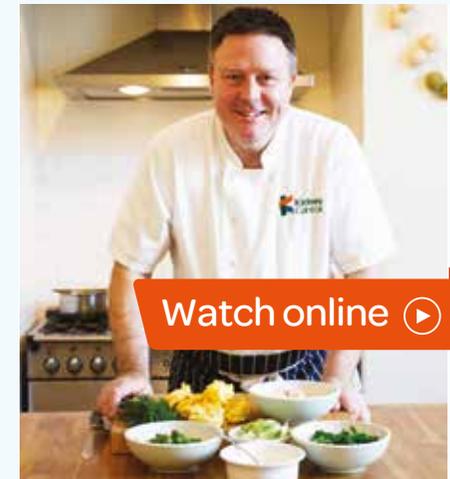
4

Stir the pureed pea and mint mix with butter into the risotto along with the remaining boiled whole peas, the rest of the mint and the grated cheese. Season well with pepper. Divide between four bowls and serve.



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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