

Corned beef, egg and watercress hash

Prep: 5 mins • Cook: 30 mins • Serves: 2

A quick and easy meal that provides protein, great for those receiving dialysis while also following a low potassium and low phosphate diet.

Ingredients

1 potato, large	Black pepper
25g unsalted butter	2 eggs
1/2 onion	1 tablespoons of vegetable oil
100g low salt corned beef	40g of watercress
1 tablespoon wholegrain mustard	1 tablespoon olive oil



Everyday dish

✓	Low phosphate		Low protein
✓	Low potassium		Low salt
42.1g	Carbohydrate	311Kcal	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 The potatoes are the main source of carbohydrate in this main meal and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/ potassium Following the serving sizes provided in this recipe, this dish is low in both potassium and phosphate.

Although watercress is a high potassium food, when used in the small quantity specified, this is a low potassium meal.

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

Protein This is a good source of protein, as it contains both eggs and corned beef which make it particularly suitable for those receiving dialysis.

Special diets

Gluten free: This meal is naturally gluten free.

Healthier option There is no added salt in this recipe, but it does contain a small amount of salt from the corned beef, which makes it slightly above the range to be classified a low salt dish. Select reduced salt corned beef wherever possible.

By using a non-stick pan, you can use less or no cooking oil to reduce the fat content. Alternatively you could consider using spray oil for frying and use a minimal amount.

Cheaper option This is a relatively inexpensive dish and utilises many store cupboard ingredients.

Tip For those with a kidney transplant and taking immunosuppression medication, it is recommended that eggs are thoroughly cooked.



Cooking in the kitchen with Chef Paul Ripley

A great way to utilise leftover potatoes, this classic corned beef hash recipe makes a super satisfying lunch or dinner.



Peel and boil a large potato. Drain and cool. Cut the potatoes into 2cm cubes then melt the butter in a frying pan and sauté for 5 minutes until they start to brown.



Finely slice the onion and add to the pan, continue to cook for 3-4 minutes. Cut the corned beef into cubes and then add to the frying pan. Season with black pepper and cook for 5 minutes. Stir in the wholegrain mustard.



In a separate pan, fry the eggs in 1 tablespoon of vegetable oil.

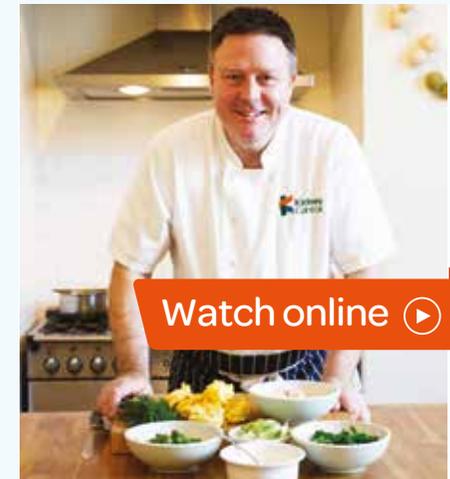


Divide the watercress between the plates, add the corned beef hash and top each with a fried egg. Dressing each with a drizzle of olive oil.



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

Get in touch with Kidney Care UK

info@kidneycareuk.org

01420 541 424

(Lines open 9am-5pm, Mon- Fri)

kidneycareuk.org [@kidneycareuk](https://www.instagram.com/kidneycareuk) [@kidneycareuk](https://www.twitter.com/kidneycareuk)