



Everyday dish

	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
27g	Carbohydrate	404Kcal	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.



Spicy tandoori chicken with chapati and raita

Prep: 4 hrs 30 mins • Cook: 20 mins • Serves: 4

This healthier but equally tasty version of a traditional dry tandoori chicken, has no added salt and is low potassium. This is quite a spicy dish, but you can adjust the balance of spices to your taste.

Ingredients

Tandoori chicken:

- 400g Chicken breast fillets
- 2 teaspoons Kashmiri chilli powder
- 3 tablespoons lemon juice
- 225g low fat natural yogurt
- 2 tablespoons ginger paste
- 2 tablespoons garlic paste

- 2 tablespoons olive oil
 - 2 teaspoons tandoori masala
 - 4 chapatis
- #### Raita:
- 150g low fat natural yogurt
 - 1 cucumber (approx. 320g)
 - 5g mint leaves

Carbohydrate The main source of carbohydrate in this dish is the chapati which is based on a portion that is 40g in weight. Carbohydrate values have been included for those trained in insulin adjustment.

Phosphate/potassium Keep to 100g cooked chicken per portion in order to keep the potassium content low.

If you are prescribed phosphate binders, ensure you take them with this dish.

Protein This dish is high in protein so makes a good choice for those on dialysis.

Special diets

Gluten free: If served with rice instead of chapati this recipe is naturally gluten free.

Healthier option We have used skinless chicken breast and low fat yogurt to keep this a low fat option..

Cheaper option You can make your own garlic and ginger paste by crushing 6 garlic cloves with 2.5cm of root ginger.

Storage Allow to cool and store in an airtight container in the fridge for up to two days. Reheat thoroughly before serving. Do not reheat cooked rice if using.

Tips Many of these ingredients can now be found in the supermarket, often in the world food aisle. Alternatively check to see if you have an Asian supermarket nearby or buy online.



Cooking in the kitchen with Gabby Raulau

Tandoori chicken is a northern Indian chicken dish prepared by roasting chicken marinated in yogurt and spices. Served with chapatti and a minty raita for a delicious authentic meal.



1

For the marinade, mix the yogurt, chilli powder, ginger paste, garlic paste, three tablespoons of lemon juice, tandoori masala and two tablespoons of olive oil.



2

Dice the chicken and stir into the marinade, cover and leave for at least three to four hours in the refrigerator or overnight.



3

Pre-heat the oven to 200C/gas mark 6. If using wooden skewers soak them for 30 minutes before use. Thread the chicken onto 4 skewers.



4

Place skewers on to an oven tray and cook for 20 minutes.



5

Whilst cooking the chicken, prepare the raita. Grate 80g cucumber and chop the mint leaves finely, stir into the yogurt.



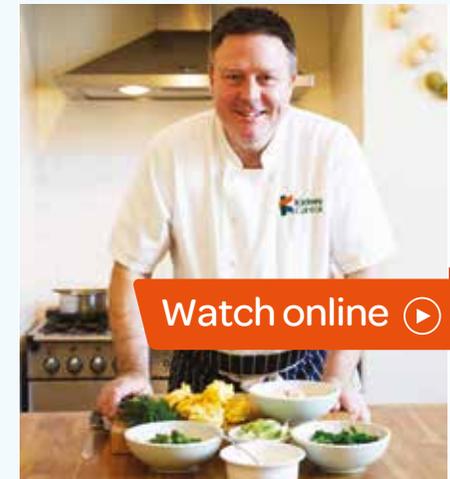
6

Remove the tandoori chicken from the skewer and serve with a warm chapatti and a good spoonful of raita. Slice the remaining cucumber and serve 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



Watch online

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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