



Everyday dish

Vegan

✓	Low phosphate		Low protein
✓	Low potassium	✓	Low salt
25g	Carbohydrate	484Kcal	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.



# Sticky tofu and coriander salad

Prep: 1 hr • Cook: 15 mins • Serves: 4

This tasty vegan salad is a great source of protein, low in potassium, phosphate and salt.

## Ingredients

- 396g firm tofu
- 200g rice noodles
- 20g fresh coriander
- 6 spring onions
- 1/2 green chilli
- 150g beansprouts
- 100g watercress
- 1 tablespoon sesame seeds
- 2 tablespoons pickled pink ginger
- 2 tablespoons sunflower oil
- 1/2 cucumber
- 4 tablespoons sweet chilli sauce
- 1 lime
- 75ml water
- 2 teaspoons sesame oil
- 3 tablespoons maple syrup
- 1 tablespoon white wine vinegar
- 1 teaspoon dried chilli powder

**Carbohydrate** The main source of carbohydrate in this dish comes from the rice noodles. The carbohydrate value of this dish has been provided for those who have been trained in insulin adjustment.

**Phosphate/potassium** Despite the use of some high potassium and high phosphate ingredients, the quantities have been carefully selected so when served with rice noodles and in the portions recommended, the overall dish is low in both potassium and phosphate.

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

**Protein** The tofu used in this recipe is a good source of protein which is great for people receiving dialysis who need to eat more protein. If you have been advised to reduce your protein intake you could have a smaller portion of the tofu.

## Special diets

**Gluten free:** This recipe is naturally gluten free.

**Vegetarian:** Honey works very well instead of maple syrup in the marinade.

**Healthier option** There is the no added salt in this recipe the flavour comes from the various herbs, ginger and lime zest as well as the fresh salad vegetables.

**Storage** Once cooked, place in an airtight container and refrigerate. Consume within 2 days.

**Tip** Adjust the amount of green chilli to your own taste and how spicy you like it.



## Cooking in the kitchen with Chef Paul Ripley

This spicy, sticky and sweet Asian inspired, tofu salad needs a little preparation but makes a great summery meal. Why not try cooking it on the BBQ.



1

Press the tofu by wrapping in tea towel, place on a plate and add weight for 30 mins. Cut into 2.5cm thick slice. Mix the maple syrup, white wine vinegar and chilli powder. Marinate the tofu for at least 30 minutes.



2

Follow packet instructions to cook rice noodles then set aside. For the salad, pick the watercress and coriander leaves, place in salad bowl with beansprouts. Thinly slice the spring onions, cucumber, and green chilli and add these to the bowl.



3

Add the pickled ginger, sesame seeds and grated lime zest to the salad. For the dressing, mix sweet chilli sauce, water, zest and juice of lime and sesame oil in a bowl.



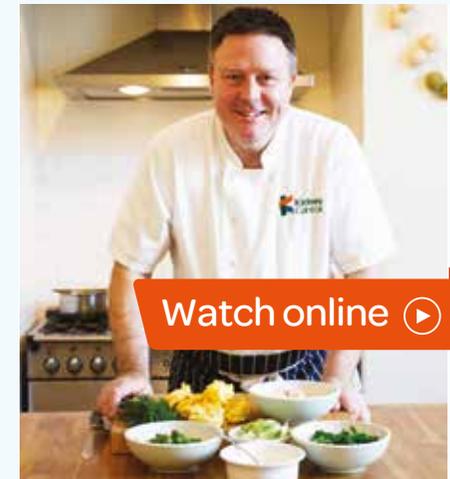
4

Heat a tablespoon of sunflower oil in frying pan over a medium to high heat. Cook tofu slices for 2 minutes each side until golden brown. Add the drained noodles to the salad and mix, pouring over the salad dressing. Garnish with coriander leaves 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](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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