



Everyday dish

Vegan

| | | | |
|-------|---------------|---------|-------------|
| ✓ | Low phosphate | ✓ | Low protein |
| ✓ | Low potassium | ✓ | Low salt |
| 70.5g | Carbohydrate | 380Kcal | 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.



Red lentil Bolognese

Prep: 5 mins • Cook: 35 mins • Serves: 4

Delicious for vegans and meat eaters alike, this red lentil Bolognese is packed with flavour, yet it is low in salt. Plus, its low potassium and low phosphate.

Ingredients

| | |
|--------------------------|---------------------------------|
| 1 tablespoon olive oil | 2 tablespoons tomato puree |
| 1 onion | 2 tablespoons balsamic vinegar |
| 2 carrots (approx. 100g) | 1 tablespoon dried basil |
| 3 garlic cloves | 1 low salt vegetable stock cube |
| 2 celery stalks | 400ml boiling water |
| 100g dried red lentils | 240g dried pasta |
| 400g tinned tomatoes | |

Carbohydrate The pasta is the main source of carbohydrate in this meal and the value has been provided for those who have been trained in insulin adjustment.

Phosphate/ potassium Tinned tomatoes are a high potassium food, however when following the quantities and portions provided in this recipe the overall meal is suitable if you are following a low potassium diet.

This dish is low in phosphate, so can be enjoyed as part of a low phosphate diet. If you have been prescribed a phosphate binder, ensure you take them with this dish.

Protein The protein in this dish is provided by the lentils, a plant-based protein, which is lower in protein than meat, fish and eggs, therefore this dish can be enjoyed as part of a low protein diet.

Special diets

Gluten free: Use gluten free pasta and stock cube.

Storage The Bolognese can be kept in the fridge for up to 3 days and reheated as needed. If freezing, allow to cool then divide into portions and place in an airtight container. Freeze for up to 3 months. Defrost and then reheat in a pan.

Tips We have served it with linguine however spaghetti, pappardelle or tagliatelle would work well too.

You can swap the dried basil for dried oregano. Add some extra flavour by adding a bay leaf at stage 4 but remember to take it out before serving.

If the sauce is too thick, then then add a little water to the Bolognese to thin it out to your desired consistency.



Cooking in the kitchen with Chef Paul Ripley

This classic Italian dish is rich, hearty and comforting, just as a pasta sauce should be. It freezes well, making it perfect for batch cooking.



1

To prepare the vegetables, peel the onion, garlic and carrots. Dice all the vegetables into small, evenly sized pieces.



2

Add the olive oil to a large pan on a low heat. Add the diced onion, garlic, carrot and celery and heat gently. Stir regularly for approximately 10 minutes, until tender.



3

Make up your stock by adding the low salt stock cube to 400ml of boiling water and stirring until completely dissolved.



4

Add the dried lentils, tinned tomatoes, dried basil, tomato puree, stock, and balsamic vinegar. Simmer for approximately 20 minutes.



5

For the pasta bring a large saucepan, filled with plenty of water to the boil and then add your desired pasta. Cook as per the package instructions.



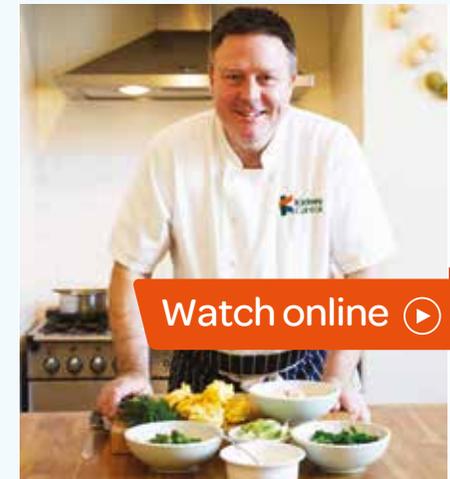
6

Once the pasta has cooked, drain, and serve with the Bolognese.



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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