



Everyday dish

Vegan

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
82g	Carbohydrate	477Kcal	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.



# Baked macaro-no-cheese

Prep: 20 mins • Cook: 1 hr 40 mins • Serves: 4

Using butternut squash for the creamy sauce, this delicious vegan dish is low salt, low potassium, low phosphate, and low protein, so it is suitable for everyone.

## Ingredients

1 butternut squash (approx. 600g)	Black pepper
175ml full fat coconut milk	100g breadcrumbs
2 teaspoons Dijon mustard	50g vegan grated cheese
1 low salt vegetable stock cube	30g flaked almonds
1 teaspoon cider vinegar	1 tablespoon fresh parsley (optional)
250g macaroni pasta	200g broccoli

**Carbohydrate** The pasta and breadcrumbs are the main source of carbohydrate in this dish and the value has been provided for those who have been trained in insulin adjustment.

**Phosphate/potassium** In most vegan cheese-based dishes, nutritional yeast is added to provide the cheesy flavour, however nutritional yeast is high in potassium. In this dish butternut squash is used, which adds a healthy twist and keeps the overall recipe low in potassium.

This dish is low in phosphate, although it does contain some phosphate, therefore, if you have been prescribed a phosphate binder, ensure you take them with this dish.

**Protein** This dish is low in protein and suitable if you are following a low protein diet.

## Special diets

**Gluten free:** Use gluten free pasta, breadcrumbs and stock.

**Healthier option** To increase the fibre in this dish, try using a wholemeal pasta in place of the macaroni pasta.

**Cheaper option** This is a relatively inexpensive dish. However, to save money you could make your own breadcrumbs.

**Storage** Once cooled, store in an airtight container and keep in the fridge. Use within 3 days and reheat thoroughly before serving. If freezing, portion at the end of step 4 in an airtight container. Defrost through then add the topping mix and continue to cook from step 5.



## Cooking in the kitchen with Chef Paul Ripley

A twist on a classic, this vegan version of macaroni and cheese is a lovely comforting meal that can be frozen for batch cooking.



1

Preheat the oven to 160°C/gas mark 5. Halve and deseed the butternut squash. Place flesh side down in a roasting tin and pour in 200ml water. Bake in the oven for 1 hour and 30 minutes.



2

Allow the squash to cool slightly before scooping out the flesh with a spoon. Add to a blender with the coconut milk to make a smooth puree.



3

Once pureed, heat gently in a saucepan. Add Dijon mustard, cider vinegar and crumble in stock cube. Season with pepper and add a little water to the sauce if needed. Simmer for 20 minutes until it thickens.



4

Bring a large pan of water to boil. Add the macaroni and cook for 7 minutes. It will continue to cook as it bakes. Drain the pasta and combine with the sauce, pouring them in to an oven proof dish.



5

Combine the breadcrumbs, almonds, vegan cheese and parsley if using. Sprinkle over the pasta and bake in the oven for 10 minutes until golden brown.



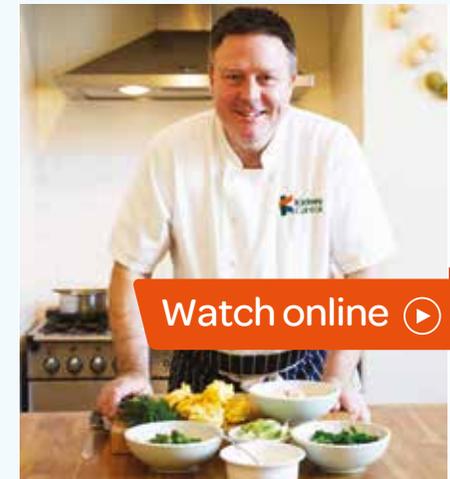
6

Bring a saucepan of water to the boil and add the broccoli. Cook until tender, drain and serve with the pasta.



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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