

Vegetable crumble

Prep: 20 mins • Cook: 1 hour • Serves: 6

A wholesome vegetarian meal, with a small amount of Italian hard cheese and nuts to give some crunch without too much phosphate per portion. By boiling the vegetables first it keeps the potassium content low.

Ingredients

400ml low salt vegetable stock	1 teaspoon dried sage
300g celeriac	1 teaspoon olive oil
2 sweet potatoes (approx. 120g)	Crumble topping
2 carrots (approx. 120g)	150g butter
1 leek (approx. 70g)	200g plain flour
150g frozen peas	25g ground almonds
200ml half fat crème fraîche	40g parmesan cheese
2 tablespoons plain flour	25g flaked almonds
1 tablespoon wholegrain mustard	

Carbohydrate The carbohydrate in this dish mainly comes from the sweet potato and the flour. The carbohydrate values have been provided for those trained in insulin adjustment.

Phosphate/potassium Nuts are high in both phosphate and potassium but in the quantities used here almonds can still be included for a crunchy crumble topping. If you have been prescribed a phosphate binder ensure you take them with this dish.

Celeriac is often avoided due to its high potassium content but when boiled and used in the quantities provided it can be included on a low potassium diet. Boiling the vegetables and discarding the water helps to remove some of the potassium.

Protein This meal is low in protein. If you are on dialysis or need increased protein you may wish to reduce the vegetables and add a tin of haricot beans in its place.

Special diets

Gluten free: Use gluten free flour in the crumble and corn flour in the sauce for a gluten free alternative.

Vegan: Use an oat crème fraiche, dairy free spread instead of butter and a dairy free hard cheese alternative.

Healthier option To reduce the fat content of this dish use a low fat margarine in place of butter.

Cheaper option None of the ingredients in this dish are particularly expensive and should be available in your local supermarket.



Everyday dish

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
51.8g	Carbohydrate	576Kcal	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.





Cooking in the kitchen with Chef Paul Ripley

This savoury crumble is delicious with a creamy vegetable filling and a crunchy, cheesy topping. Great for a family meal and suitable for home freezing.



1

Heat oven to 190C/gas mark 5 and bring a large saucepan of water to boil. Peel and dice the celeriac, sweet potatoes and carrots. Trim, clean and slice the leeks.



2

Add the vegetables and frozen peas to the saucepan of boiling water. Boil for 10-15 minutes, drain and discard the water.



3

Return the drained mixture to the saucepan and add the vegetable stock. Simmer on a low heat for 5 minutes.



4

Stir together the crème fraîche with the flour and mustard. Stir into the vegetables until thickened, then add the sage. Remove from the heat.



5

For the crumble, use your fingertips to rub the butter, flour and ground almonds together until they resemble breadcrumbs. Grate and stir in the parmesan and add the flaked almonds.



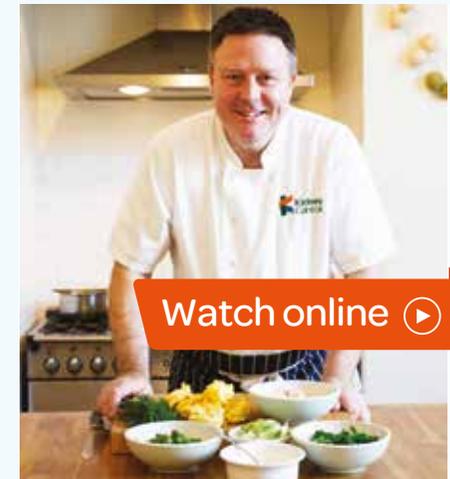
6

Spoon the vegetable filling into an ovenproof dish and scatter the crumble on top. To cook, bake in the oven for 30-35 minutes until golden brown on top.



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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