

# HEALTHY INDULGENCE

A R e n a l F r i e n d l y  
c o o k b o o k

# INTRODUCTION

People who have chronic kidney disease usually need to follow a restricted diet to limit the build up of waste products in their body. This can make it feel difficult to find tasty everyday meals and recipes for you and your family. This mini recipe book aims to be a valuable tool if you have chronic kidney disease and need to control your diet.

It contains everyday meals for kidney patients that the whole family will enjoy. All the recipes have been analyzed with a detailed breakdown of the key nutritional elements contained in each dish. However, everyone's diet is individual and you will have your own specific dietary requirements. If you have any queries, please consult your dietitian.

Most of the recipes are quick and easy to prepare with ingredients that are readily available and not too expensive. Suitable serving suggestions are given for all of the recipes. There is a 'Tasty Tips' section which includes health information for a haemodialysis diet and ideas on how to create tasty dishes without compromising on taste. Choose from a range of starters, main courses and desserts - there is something yummy for everyone!

Dietetics Department  
National Kidney Foundation  
Singapore



# CONTENTS

## THE MAINS!

- Baked Chicken.....4
- Indian Chicken Curry.....5
- Pan Fried Stuffed Fish.....6
- Vegetable Cutlets.....7

## BITE SIZED!

- Baked Prawns on Toast.....8
- Chicken Dumplings.....13
- Chicken Rolls.....14

## SWEET TOOTH!

- Baked Pumpkin Pudding.....15
- Caramel Protein Latte.....16
- Finger Biscuits.....17
- Miso Pancake.....18



# BAKED CHICKEN

## Ingredients

- 4pcs (134g) Chicken drumsticks
- ½ pc (73g) Onion
- 4pcs (40g) Fresh mushroom
- ½ pc (34g) Carrot

## Seasoning

- A pinch of Pepper
- 1 tsp Salt
- 2 tbsp Potato starch

## Cooking Instructions

1. Wash the chicken legs and remove the bone. Marinade with salt and pepper for 15 minutes.
2. Shred the onion, fresh mushroom and carrot. Put it in the middle of the chicken leg. Tie up the chicken leg with a string and stain it with potato starch.
3. Pan fry till golden brown.
4. Preheat oven at 180°C. Put the chicken legs on the tray and bake for about 30 minutes until cooked.

## NUTRITION INFORMATION

Per Serving	
Energy (Kcal)	172
Protein (g)	15.4
Carbohydrate (g)	21.3
Total Fats (g)	3.8
Saturated Fat (g)	1.4
Sodium (mg)	377.8
Potassium (mg)	299.9
Phosphorous (mg)	140.3

Serves 4

Suggested Cooking  
Time: 45 mins-1 hr

## TASTY TIPS!

- To increase fibre in your diet, you may add a portion of low potassium vegetable such as kangkong.
- You can omit the salt by adding lemon juice to lower the sodium content.

*Recipe courtesy of Chef Anita Mui*



# INDIAN CHICKEN CURRY

## Ingredients

- 5 tbsp vegetable oil
- $\frac{3}{4}$  tsp cumin seeds
- 1-inch cinnamon stick
- 2 bay leaves
- $\frac{1}{4}$  tsp whole peppercorns
- 2 raw onions, minced
- 2 cloves garlic, minced
- 1-inch cube fresh ginger, peeled and minced
- 1 medium tomato, peeled and chopped
- 454g small chicken drumsticks, skinned
- $\frac{3}{4}$  tsp salt
- 1- $\frac{1}{2}$  tsp cayenne pepper
- $\frac{1}{2}$  tsp garam masala
- Water (As Desired)

## Cooking Instructions

1. Heat oil in large pot over medium high flame. When hot, put in the cumin seeds, cinnamon, bay leaves, and peppercorns. Stir once.
2. Add the onions, garlic, and ginger. Stir this mixture until onion picks up brown specs.
3. Add the tomatoes, chicken, salt, and cayenne pepper. Stir to mix and bring to boil.
4. Cover pot tightly, turn heat to low and simmer for 25 minutes or until chicken is tender. Stir a few times during cooking period.
5. Remove cover and turn heat up to medium. Sprinkle the garam masala and cook, stirring gently for 5 minutes until liquid is reduced slightly.

## NUTRITION INFORMATION

Per Serving	
Energy (Kcal)	269
Protein (g)	21.0
Carbohydrate (g)	6.0
Total Fats (g)	18.0
Saturated Fat (g)	NA
Sodium (mg)	350.0
Potassium (mg)	286.0
Phosphorous (mg)	139.0

Serves 6

Suggested Cooking Time: 45 min - 1 hr

## Did You Know?

- By using a variety of spices in a recipe reduces the need for extra salt.

## TASTY TIPS!

- Try to reduce the gravy intake as it is a form of fluid and usually contains extra sodium you can do without!

Recipe courtesy of DaVita Inc.



# PAN FRIED STUFFED FISH

## Ingredients

- 1pc (300-400g) Yellow tail fish
- 2 Water chestnuts (finely chopped)
- 2 tbsp Spring onions (diced)
- 2 tsp Chopped garlic

## Seasoning

- A dash of Salt
- 1 tsp Corn flour
- A dash of Pepper powder
- A dash of Sesame oil

## Cooking Instructions

1. Remove the meat & bone from the yellow tail fish and keep the meat and skin.
2. Add seasoning to the fish meat and stir clockwise until a paste is formed.
3. Mix the paste well with chestnuts, spring onions and chopped garlic and mix it with clean hands so that the bones can be removed.
4. Add a few teaspoons of water to thicken the paste if necessary.
5. Stuff the paste back into the fish skin
6. Lightly coat the fish with corn flour.
7. Fry the fish until it is golden in colour.
8. Cut the fish into slices and serve.

## NUTRITION INFORMATION

Per Serving	
Energy (Kcal)	95
Protein (g)	12.3
Carbohydrate (g)	11.3
Total Fats (g)	0.7
Saturated Fat (g)	0
Sodium (mg)	63.8
Potassium (mg)	357.8
Phosphorous (mg)	149.8

Serves 4  
Suggested Cooking  
Time: 30 - 45 mins



## Did You Know?

- Fish is a rich source of protein, vitamin B12, low in sodium and saturated fat.

*Recipe courtesy of Chef Anita Mui*

# VEGETABLE CUTLETS

## Ingredients

- 1 cup (113g) carrots, grated
- 2 cups (300g) cabbage, grated
- 2 cups (354g) french beans, chopped
- ¼ tsp salt
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp red chili powder
- ½ cup (66g) all-purpose flour
- 4 white bread slices
- ¼ cup(4g) fresh coriander, chopped
- ½ tsp lime juice
- 2 tbsp vegetable oil

## Cooking Instructions

1. Boil cabbage and carrots in a pan. When half cooked, add in french beans and cook completely until done. Drain away excess water.
2. Add spices, flour, and bread slices, (soaked in water then drained by squeezing between palms) fresh coriander, and lime juice.
3. Make 12 balls and flatten each into a patty.
4. Heat a saucepan over medium heat. Add in the oil and place patties in the saucepan, 2-3 at a time without crowding. Flip patties over when cooked, about 2-3 minutes served on both sides
5. Serve hot.

## NUTRITION INFORMATION

Per Serving (2 Cutlets)	
Energy (Kcal)	145.0
Protein (g)	4.0
Carbohydrate (g)	21.0
Total Fats (g)	5.0
Saturated Fat (g)	-
Sodium (mg)	219.0
Potassium (mg)	241.0
Phosphorous (mg)	60.0

Serves 6

Suggested Cooking  
Time: 30 - 45 mins

## Did You Know?

- Too much potassium intake can lead to heart problems in haemodialysis patients?
- Boiling and draining the vegetables can help reduce the potassium content of this dish. This is very useful if your potassium levels are high.

*Recipe courtesy of DaVita Inc.*



# BAKED PRAWNS ON TOAST

## Ingredients

- 4 slices of bread
- 100g minced chicken meat
- 16 prawn pieces
- 1 egg
- 1 spring onion, chopped
- ½ tsp salt
- 1 tbsp corn starch
- A dash of pepper
- 1 tsp sesame oil

## Cooking Instructions

1. Preheat oven to 204°C. Line aluminum foil on baking sheet.
2. Remove the shells and the head of the prawns and devein. Keep the tail of the prawns.
3. Combine minced meat with the egg, corn starch, sesame oil, pepper, and salt to taste.
4. Cut the bread slices into 4 squares.
5. Spread the mixture onto the bread slices and add the prawns on top.
6. Arrange bread on baking tray and bake until lightly toasted.

## NUTRITION INFORMATION

Per Serving	
Energy (Kcal)	209
Protein (g)	21.3
Carbohydrate (g)	16.3
Total Fats (g)	6.0
Saturated Fat (g)	1.6
Sodium (mg)	824.5
Potassium (mg)	255.0
Phosphorous (mg)	269.0

Serves 4

Suggested Cooking

Time: 30 mins

## Did You Know?

• Prawns, egg and chicken are high in biological value (HBV) for protein. HBV protein rich foods help to maintain immunity and prevent muscle breakdown.

## TASTY TIPS!

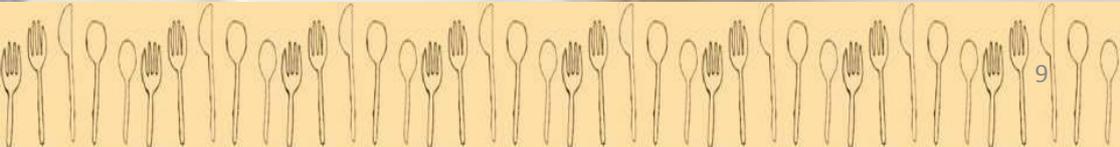
- You may replace the cornstarch with 1 spoon of protein powder if your diet lacks protein.
- You may also stir-fry the ingredients before placing on toasted bread and baking, but remember to limit oil to 1 teaspoon.

*Recipe courtesy of Chef Anita Mui*





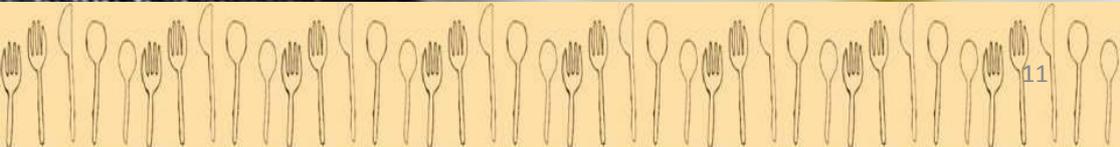
Caramel Protein Latte (Recipe found in pg 16)





Chicken Rolls (Recipe found in pg 14)







Pan Fried Stuffed Fish (Recipe found in pg 6)



# CHICKEN DUMPLINGS

## Ingredients

- 160g minced chicken
- 2 tsp Light Soy Sauce
- 1 tsp Sugar
- A pinch of white pepper powder
- 1 tsp Sesame oil
- 1 tbsp chopped ginger
- 1 tbsp finely chopped fresh chives
- 300g cabbage (sliced thinly)
- 1 packet ready-made round dumpling skins
- ¼ cup cold water (for brushing)

## Cooking Instructions

1. Mix the minced chicken, light soy sauce, ginger, sugar, sesame oil, white pepper powder and chives in a bowl.
2. Boil the sliced cabbage for 10 minutes and drain until all excess water has run out.
3. Mix the cabbage in with the minced chicken mixture and stir to combine.
4. Spoon 1 tablespoon of the mixture into the centre of the dumpling skin. Brush the edge with cold water and fold the skin over to enclose filling.
5. Put all dumplings into boiling water, cover and boil until all dumplings are floating on the surface.
6. Add 100ml of cold water, cover the pot, turn up the heat to Medium and boil again until fully cooked.

NUTRITION INFORMATION	
Per Serving (4 dumplings)	
Energy (Kcal)	195
Protein (g)	10.5
Carbohydrate (g)	32.5
Total Fats (g)	2.7
Saturated Fat (g)	0.6
Sodium (mg)	312.8
Potassium (mg)	205.7
Phosphorous (mg)	103.0

Makes approximately 16 dumplings  
Serves 4  
Suggested Cooking Time: 1 – 1½ hr

## Did You Know?

• Excess sodium intake in haemodialysis patients can cause water retention and an increase in blood pressure, putting additional strain on your heart and vascular system.

## TASTY TIPS!

• You may replace salt with lemon juice to reduce your sodium intake.

*Recipe courtesy of Chef Anita Mui*



# CHICKEN ROLLS

## Ingredients

- 15 sheets Vietnamese rice paper
- 90g Japanese cucumber (shredded)
- 90g Carrot (shredded)
- 1pc Yellow bell pepper (shredded)
- 200g Chicken breast (shredded)
- 2 tsp Chopped garlic
- 1 tsp Chopped ginger
- Warm water (as desired)
- 1 tsp Sesame Oil
- 1 tsp sunflower oil

## Cooking Instructions

1. Season chicken breast with seasoning, chopped garlic & chopped ginger for 15 minutes.
2. Add a teaspoon of sunflower oil into the wok. Put in the chicken breast & fry. Add in Japanese cucumber, carrot & yellow bell pepper & fry well. Take out & let it cool aside.
3. Soak the Vietnamese rice paper in warm water. Take out & put on a clean towel. Put a suitable amount of fried ingredients on a rice paper, roll & serve.

## NUTRITION INFORMATION

Per Serving	
Energy (Kcal)	48
Protein (g)	3.3
Carbohydrate (g)	3.8
Total Fats (g)	2.4
Saturated Fat (g)	0.5
Sodium (mg)	18.0
Potassium (mg)	147.0
Phosphorous (mg)	38.0

Serves 7  
Suggested Cooking  
Time: 30 - 45 mins

## TASTY TIPS!

- Using a non-stick pan for frying helps reduce the amount of oil needed in cooking.

*Recipe courtesy of Chef Anita Mui*



# BAKED PUMPKIN PUDDING

## Ingredients

- 440g Pumpkin Puree
- 70g Sago
- 340g Nepro™
- 36g Corn Starch
- 44g Sugar
- 140g Eggs

## Cooking Instructions

1. Preheat oven to 190°C.
2. Remove skin and seeds of the pumpkin.
3. Cut into small pieces and soak for 1 hour.
4. Steam until soft and puree the pumpkin.
5. Soak sago for 30 minutes. Put into boiling water until half transparent.
6. Wash thoroughly with cold water, drain and set aside to cool.
7. Mix in corn starch, sugar and eggs.
8. Bring Nepro™ to its boiling point and mix in the pumpkin puree and sago.
9. Add the corn starch mixture into the puree mixture. Mix well.
10. Pour into moulds and place in a tray with water (Fill to about ½).
11. Bake for about 25-30 minutes until golden brown and serve.

## NUTRITION INFORMATION

Per Serving	
Energy (Kcal)	260
Protein (g)	7.3
Carbohydrate (g)	45.8
Total Fats (g)	6.0
Saturated Fat (g)	0.9
Sodium (mg)	57.8
Potassium (mg)	271.8
Phosphorous (mg)	164.3

Serves 5

Suggested Cooking  
Time: 2 hrs

## TASTY TIPS!

- You may top the pudding with longans, blueberries or cranberries which are low in potassium.
- If you are using canned fruits, remember to drain away the syrup to lower the potassium content.

*Recipe courtesy of Chef Anita Mui*



# CARAMEL PROTEIN LATTE

## Ingredients

- 2 scoops (12.6g) Myotein™ Powder
- ¼ cup (60ml) water
- 1 scoop (5g) instant coffee mix
- 1 tbsp (15g) golden syrup
- 5-6 ice cubes

## Cooking Instructions

1. In a mug add 2 scoops of Myotein™ powder to 30 ml of lukewarm water. Stir until completely dissolved.
2. Add 30ml of hot water to the coffee mix and stir until completely dissolved. Let it cool to room temperature.
3. Add the Myotein™ mixture to the coffee.
4. Add 1 tablespoon of golden syrup to the mixture and stir well.
5. Add ice cubes to the drink and blend.

## NUTRITION INFORMATION

Per Serving	
Energy (Kcal)	114
Protein (g)	10.6
Carbohydrate (g)	15.2
Total Fats (g)	0.9
Saturated Fat (g)	0.7
Sodium (mg)	20.5
Potassium (mg)	177.0
Phosphorous (mg)	15.0

Serves 1

Suggested Cooking

Time: 10 mins

## Did You Know?

- You may use a shaker if you do not have a blender.
- You may also add other flavoured syrups such as strawberry syrup.
- This drink can be served either hot or cold, just omit the ice cubes and add 1 small cup (200ml) of water.

*Recipe courtesy of DaVita Inc.*



# FINGER BISCUITS

## Ingredients

- 20g Plain Flour
- 10g Corn Starch (Corn Flour)
- 10g Myotein™ powder
- 20g Sugar
- 2 Eggs

## Cooking Instructions

1. Preheat oven to 180°C.
2. Separate the egg yolk from the egg whites.
3. Add half the sugar to the egg white and beat until firm.
4. Add the other half of the sugar to the egg yolks and beat until creamy white.
5. Add the egg yolk mixture to the egg white mixture and fold gently to combine.
6. Mix in the flour, corn starch and Myotein™ powder and again fold in gently.
7. Pour the mixture into a piping bag and pipe finger shapes on the baking paper.
8. Bake for 10 - 15 minutes until golden brown.

## NUTRITION INFORMATION

Per Serving (1 biscuit)	
Energy (Kcal)	12
Protein (g)	0.8
Carbohydrate (g)	1.5
Total Fats (g)	0.3
Saturated Fat (g)	0.1
Sodium (mg)	4.8
Potassium (mg)	5.8
Phosphorous (mg)	7.4

Makes 30 Biscuits.  
Suggested Cooking  
Time: 30 mins

## TASTY TIPS!

- You may dust icing sugar on top of the biscuits for a better appeal.
- You may also enjoy the biscuits with diabetic jams to provide a sweeter flavour.

*Recipe courtesy of Chef Anita Mui*



# MISO PANCAKE

## Ingredients

- 240g All Purpose Flour
- 36g Sweet Potato Flour
- 2 tsp Lemon Juice
- 15g Honey
- 400ml Water
- 1 tbsp Miso
- A dash of lemon skin zest

## Cooking Instructions

1. Mix all purpose flour and sweet potato flour.
2. Add in all the other ingredients together and mix well.
3. Put a suitable amount of mixture into a pan and fry until both sides are golden brown and serve.

## NUTRITION INFORMATION

Per Serving	
Energy (Kcal)	261
Protein (g)	5.4
Carbohydrate (g)	61.7
Total Fats (g)	0.8
Saturated Fat (g)	0.1
Sodium (mg)	15.2
Potassium (mg)	260.0
Phosphorous (mg)	51.0

Serves 6.

Suggested Cooking

Time: 30 mins

## Did You Know?

- You may add a handful of blueberries to this dish. Berries are low in potassium and add a flavourful addition to pancakes.

*Recipe courtesy of Chef Anita Mui*



# ACKNOWLEDGEMENTS

We would like to thank Mdm Anita Mui for her generous contributions of the recipes. Mdm Anita Mui has been involved in the NKF's Circle of Hearts volunteer programme since October 2007. Apart from sharing her skills in clay-making and stain glass painting through its enrichment programme, she demonstrates her cooking skills to kidney patients at various dialysis centres. For her dedication and commitment, she has received 3 consecutive Outstanding Service Awards! Her volunteering efforts has indeed brought friendship, joy and hope to many patients. Thank you Anita for your time and care towards the needy!

Some recipes were also sourced from DaVita Inc. as indicated in the booklet. Photographs and analysis were carried out with the help of Temasek Polytechnic Nutrition students.





T H E N E W  
**NKF**

