

'How to'

Cook for Life



COMMENT:

Brian loved mussels and asked for this recipe to be included. This recipe does not contain baking powder so this is a good recipe for someone on dialysis.

Mussels are high in phosphate so should be treated as a special occasion food and eaten as part of a balanced meal if this is important for you.

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MUSSEL FRITTERS (Serves 6 - Makes 12)

YOU WILL NEED:

- ✓ 400 grams cooked mussel meat, chopped
- ✓ 2 spring onions or finely chopped onion
- ✓ 2 cloves garlic, crushed
- ✓ ½ cup chopped parsley
- ✓ 2 eggs, lightly beaten
- ✓ 1 teaspoon One Spice - low salt garlic
- ✓ ½ cup flour, sifted
- ✓ ¼ cup low fat milk

HOW TO MAKE:

- Combine all ingredients in a large bowl and mix gently.
- Heat a large non-stick fry pan.
- Smear with oil.
- Place large spoonful's on frying surface.
- Serve with a side salad.

BEEF CHOP SUEY (Serves 4-6)

YOU WILL NEED:

- ✓ 500 grams (1/2 kg) lean stir-fry beef (Schnitzel), cut into strips
- ✓ 2 teaspoon curry powder
- ✓ 1 tablespoon low-salt tomato sauce, add water to make a thin paste
- ✓ 1 teaspoon cooking oil
- ✓ 2 teaspoons paprika
- ✓ 1 tablespoon ginger, crushed
- ✓ 4 garlic cloves, crushed
- ✓ 1 cup frozen peas
- ✓ 1 large carrot, thinly sliced
- ✓ 1 medium cauliflower, chopped finely
- ✓ 250 grams Vermicelli, boiled
- ✓ 2 tablespoons salt-reduced soy sauce

HOW TO MAKE:

- Marinate beef with curry powder and the thinned down tomato sauce overnight.
- Heat oil in a large saucepan over medium heat. Add beef and paprika. Cook for 5 minutes.
- Add crushed ginger and garlic, then 1 cup water. Cover and cook for 3-5 minutes.
- Steam or lightly boil cauliflower and carrot. Mix into the beef.
- Next add green peas and stir well.
- Bring a large pot of water to the boil. Add vermicelli. Once vermicelli is soft to touch, drain and add to chop suey.
- Cook for a further 5 minutes, stirring thoroughly. Finally add the soy sauce and serve immediately.



COMMENT:

This is a popular and filling dish. The recipe can change according to the ingredients available.

The challenge is to keep the salt content down and flavour up.

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