





Get that aromatic taste by using natural spices (e.g. cumin seeds, coriander seeds, chilli) **instead of salt** to **lower your sodium intake** and to enhance the flavours!



- Avoid or reduce the amount of coconut milk as it is high in phosphate, potassium, and saturated fat. If you still prefer that milky taste, swap with low fat milk or yoghurt for a lower fat and potassium content!
- Avoid adding desiccated coconut as it increases the potassium content.



Remove the fats on the meat or choose lean meat to reduce saturated fat intake.

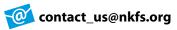


For dialysis patient: Choose low potassium vegetables (e.g. stir fried kangkong, cabbage, long bean) together with white rice or ketupat for a balanced meal.



- **Limit your gravy** intake to **reduce** your overall **sodium and phosphate** intake. Remember, your daily sodium limit **should not** be more than **2,000mg!**
 - For dialysis patient: Remember to take your phosphate binder with your meal!















Beef Rendang

Yield: 5 servings
Protein: 3 portions per serving

Ingredients	Amount
Canola oil	1½ tablespoons
Beef fillet or chicken Fats removed, cut into small cubes	500g
Water	1½ cups (375ml)
Gula Melaka (Palm sugar)	1 tablespoon
Salt	½ teaspoon
Bay leaf, sliced	2 pieces
Spice Paste	
Dried red chilli	4 pieces
Red chilli	1 piece
Green chilli	1 piece
Chilli padi	1 piece
Shallots	6 pieces
Garlic	3 cloves
Lemongrass	1½ pieces
Ginger	½ inch
Turmeric	½ inch
White cumin seeds	½ teaspoon
Coriander seeds	½ tablespoon
Water	½ cup (125ml)

Nutrition content per serving: (Energy: 211kcal)

Carbohydrate 7g
Protein 23g
Total fat 10g
Sodium 257mg
Potassium 494mg
Phosphate 246mg

Recipe courtesy of Atiqah Aznam



Cooking tips!

For a more tender meat, pound it before cooking.



Steps

- Blend all of the ingredients for the spice paste until mixture becomes a paste.
- Heat oil in a large pan and saute the paste for 8 to 10 minutes until fragrant and turns slightly darker in colour.





- Add in beef and water.Cook over a medium heat till the meat is almost cooked.
- 4. Add in Gula Melaka, salt and half of the sliced bay leaves.
- Lower the heat and simmer for 1 to 1.5 hours until the gravy dries up.
- 6. Once ready, garnish with the remaining sliced bay leaves.
- 7. Serve with ketupat or plain rice.

