

PREPARATION: 30 MINUTES | COOKING: 15 MINUTES | SERVINGS: 4

# CURRIED TILAPIA WITH RICE NOODLES

## INGREDIENTS

7 oz rice noodles, dry

1 lb frozen Tilapia (4 fillets), thawed

2 tablespoons canola oil

1 tablespoon curry powder

1 teaspoon garlic powder

1 tablespoon sesame oil

1 tablespoon unsalted butter

3 tablespoons ginger, minced

1 tablespoon garlic, minced

1 cup red cabbage, thinly sliced

1 cup snow peas

1 cup yellow onion, sliced

¼ cup **no salt added** chicken broth

2 tablespoons rice wine vinegar

¼ cup cilantro, finely chopped

## PREPARATION

- 1** To cook rice noodles, bring a large pot of water to a boil. Add noodles and remove pot from heat. Let the noodles soak for 5 minutes or until they are soft.
- 2** Drizzle the canola oil on the fillets and sprinkle curry and garlic powder on top.
- 3** In a skillet over medium-high heat, heat the sesame oil and butter. Fry the tilapia for 2 to 3 minutes per side. Remove fish from skillet, transfer to a plate and cover with aluminum foil to keep warm.
- 4** In the same skillet over medium-high heat, sauté ginger, garlic, cabbage, snow peas, and onions for 2 to 3 minutes until tender crisp.
- 5** Add the cooked rice noodles, chicken broth, and vinegar. Cook for another 2 to 3 minutes.
- 6** Remove from heat. Add cilantro and mix to combine. Serve the noodles with the curried tilapia.



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## Nutrient Analysis

### PER SERVING

¼ of recipe

#### Renal/Diabetic exchanges:

3 Meat + 3 Starch + 1 Medium-Potassium Vegetable + 1 Fat

Calories	<b>458Kcal</b>
Protein	<b>28g</b>
Total Carbohydrate	<b>50g</b>
Fiber	<b>3g</b>
Sugars	<b>3g</b>
Fat	<b>16g</b>
Saturated	<b>4g</b>
Cholesterol	<b>66mg</b>
Sodium	<b>166mg</b>
Potassium	<b>580mg</b>
Phosphorus	<b>320mg</b>
Calcium	<b>62mg</b>
Iron	<b>2mg</b>
Magnesium	<b>57mg</b>
Vitamin C	<b>26mg</b>

## Diet Types

- |                                     |                  |                                     |                   |
|-------------------------------------|------------------|-------------------------------------|-------------------|
| <input type="checkbox"/>            | CKD Non-Dialysis | <input checked="" type="checkbox"/> | Dialysis/Diabetes |
| <input checked="" type="checkbox"/> | Dialysis         | <input checked="" type="checkbox"/> | Transplant        |

## POTASSIUM CHECK ✓

### Kidney-Friendly Fish

Protein is a necessary part of your diet and important for you to eat even when you have chronic kidney disease. Protein can come from plants or animals. When choosing an animal source of protein, lean sources are recommended. Fish is an excellent source of lean protein that can be eaten as part of your kidney-friendly diet. Tilapia is a lower-potassium fish and, with the right combination of flavors, you can use it for a variety of dishes.

Simply baking the tilapia with oil can be an easy, quick meal. Tilapia can also be grilled and used in tacos with the addition of onions, green peppers and a salt-free seasoning. If you prefer marinade, plan ahead for the extra time needed and always discard remaining marinade. Be sure to include ingredients that are lower in sodium and potassium to stay within your kidney diet goals.

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