

# Pierogi (Polish

# dumplings)



Main Meal



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# Pierogi (Polish dumplings)

Preparation time: 30 minutes

Cooking time: 20 minutes

Makes: 4 portions, 3 dumplings per portion

## Ingredients

### Dough:

- 150g plain flour
- 1 large egg
- 15g unsalted butter, melted
- 2 tbsp boiling water

### Filling:

- 2 tbsp olive oil
- 2 garlic cloves, minced
- 40g onion, finely chopped
- 100g minced beef
- 90g carrots, grated
- ¼ tsp ground black pepper
- ½ tsp oregano

### Creamy Cheese Sauce:

- 125ml (1 bottle) Renastep
- 50g cream cheese
- ½ tsp mixed herbs
- ½ tsp garlic powder

## Method

### To make the dough:

- Place the flour into a bowl and make a 'well' in the middle. Add the egg, melted butter and hot water.
- Mix together until a dough is formed.
- Turn the dough onto a board and then knead dough until smooth. Roll into a ball, cover and set aside for 20 minutes.

### To make the filling:

- Heat 1 tbsp of the oil in a frying pan over a medium heat and add the minced garlic and chopped onion. Fry until the onions become translucent.
- Add in the minced beef and fry until browned.
- Add in the grated carrot, black pepper and oregano and cook for a further 3 minutes.

### Assembly:

- Roll out the dough into a 10" (25cm) to 11" (28cm) circle. Cut 12 circles in the dough with a 3" (8cm) round cookie cutter.
- Place a heaped teaspoon of filling in the middle of each dough circle. Fold over, stretch and press the sides together to form a crescent-shaped dumpling.
- In a large saucepan of boiling water, carefully place two or three dumplings into the water. The pierogi will float to the top when done. Remove with a slotted spoon and place onto kitchen paper.
- Once boiled, lightly fry the pierogi in the remaining 1 tbsp of olive oil over a medium heat. Fry for 3 minutes on each side until crispy and golden brown.

### Creamy Cheese Sauce:

- In a pan, on a low heat, add the Renastep, cream cheese, mixed herbs and garlic powder and stir until combined.
- Simmer for 3 minutes until thickened (do not boil).
- Divide the cheese sauce over the 4 portions of pierogi.

## Nutritional Information - Pierogi

Nutrient		per portion	per 100g
Calories	kcal	281	238
Protein	g	11	9
Sodium	mg/mmol	47 / 2.0	40 / 1.7
Potassium	mg/mmol	150 / 3.6	127 / 3.2
Phosphorus	mg/mmol	74 / 2.4	63 / 2.0
Calcium	mg/mmol	56 / 1.4	47 / 1.2

## Nutritional Information - Sauce

Nutrient		per portion	per 100g
Calories	kcal	91	207
Protein	g	2	4
Sodium	mg/mmol	26 / 1.1	60 / 2.6
Potassium	mg/mmol	15 / 0.4	34 / 0.9
Phosphorus	mg/mmol	12 / 0.4	26 / 0.8
Calcium	mg/mmol	17 / 0.4	38 / 1.0

Always check with your dietitian or doctor that this recipe is suitable for you



Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**.

This recipe has been specifically designed for the dietary management of kidney disease and has been analysed using Nutrimer dietary analysis software. Refer to labels for allergen and other product information.



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