



World
Cancer
Research
Fund

life!
kitchen

Ryan Riley recipe booklet

A Life Kitchen and World Cancer Research Fund collaboration

[#enjoyfoodagain](#)



Dear fellow food lover,

Thank you for choosing the Ryan Riley recipe booklet, produced in collaboration with World Cancer Research Fund and Life Kitchen.

I am a multi-award-winning food writer and stylist, and the founder of Life Kitchen, a cookery initiative for people living with cancer.

Life Kitchen was set up as a free, UK-wide cooking school to help people living with cancer by teaching cooking skills and providing recipes that help to restore the pleasure they get from food by focusing on taste. This is an important issue as cancer treatments such as chemotherapy, radiotherapy and certain medications can affect the way foods and drinks taste, as can cancer itself.

I'm delighted to bring you 15 brand new, nutritious and delicious recipes for people living with cancer as part of the Life Kitchen and World Cancer Research Fund collaboration. These nutritionally sound recipes don't compromise on our principles of flavour.

These new recipes help to tackle the loss of taste and enjoyment from food in those living with cancer by using ingredients that enhance the flavour of each dish. The recipes have also been designed to follow World Cancer Research Fund's healthy eating guidelines, making them suitable for everyone.

I hope you enjoy the recipes in this booklet and that they allow you to get back the enjoyment from food again. Please share them with your friends, family and carers, and help World Cancer Research Fund spread their important messages.

Best wishes,

Ryan Riley
Chef & Life Kitchen Founder

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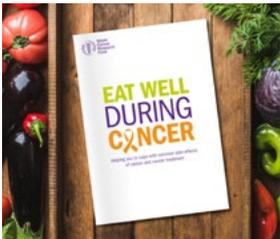
About us

World Cancer Research Fund is one of the world's leading cancer prevention charities, and the only UK charity solely dedicated to funding life-changing research into the prevention and survival of cancer through diet and lifestyle. We champion the latest and most authoritative global scientific research on cancer prevention and survival through diet, weight and physical activity, helping people to make fully informed lifestyle choices to reduce their cancer risk.

Contact us

We're always looking for ways to improve the information we provide. If you have any comments or suggestions about any aspect of this booklet or our other health information, please contact us at resources@wcrf.org with your feedback.

Our nutrition information is calculated by qualified nutritionists and is based on readily available products that contain the lowest possible amount of salt, fat and sugar. This information is to be used as a guide and may vary depending on what products you use. Try to choose foods that contain no added salt or sugar, and opt for versions that are low or reduced in fat, salt and sugar where possible. Please note that if you adjust the recipes using our top tips or serving suggestions, the nutrition information will no longer be accurate.



Please also see World Cancer Research Fund's **Eat Well During Cancer** booklet, helping people who are living with cancer or having cancer treatment cope with the common side-effects of cancer and cancer treatment. Available at: wcrf-uk.org/ewdc

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Tomato and tarragon puff pastry tart with pomegranate molasses

Ingredients

50g soft goat's cheese

100g low-fat plain yoghurt

1 x 320g pack
ready-rolled light puff
pastry

400g mixed-colour small
cherry tomatoes, halved

1 tbsp olive oil

4 large fresh tarragon
sprigs, leaves picked and
roughly chopped

Freshly ground black
pepper, to taste

1 lemon, zest and juice

1 tbsp pomegranate
molasses

Method

- 1 Preheat the oven to 200°C/Fan 180°C.
- 2 Whip the goat's cheese and yoghurt together until combined. Unroll the pastry (including its baking paper) on a baking sheet and spread the whipped goat's cheese mixture evenly over the surface, leaving a 1cm border all the way around the edge.
- 3 In a bowl, toss the tomatoes with the oil, season with black pepper, and add the tarragon. Toss together, then spread evenly over the goat's cheese mixture.
- 4 Bake for 25 minutes, until the tomatoes have cooked down and the pastry is crisp.
- 5 Remove from the oven and sprinkle over the lemon zest and juice. Drizzle lightly with the pomegranate molasses and serve.

Serving suggestion: Serve with a green salad to add an extra 5 A DAY portion.

Nutrition information (per serving)





Whipped pea ricotta crostini with mint sauce

Ingredients

8 thin slices of
wholemeal baguette
(15g per slice)

1 tbsp rapeseed oil

For the whipped ricotta

50g frozen peas

125g ricotta

2 tbsp low-fat plain
yoghurt

1 tbsp double cream

1 lemon, zest and juice

Freshly ground black
pepper, to taste

For the mint sauce

Small bunch fresh mint

Small bunch fresh parsley

1 tbsp red wine vinegar

2 tbsp rapeseed oil

Method

- 1 Preheat the oven to 180°C/Fan 160°C.
- 2 Drizzle the bread slices with the oil and bake for 6–7 minutes, until crisp.
- 3 Cook the peas in boiling water for 1 minute, then drain and place in a bowl of cold water.
- 4 In a bowl, mix together the ricotta, yoghurt, cream and lemon zest and juice. Season with black pepper, then gently whip until the cream is semi-firm – about the consistency of set yoghurt.
- 5 Drain the peas, reserve a few for garnishing, then lightly crush the remainder with a fork. Add the crushed peas to the cream and yoghurt mixture.
- 6 Reserve a few whole mints leaves for garnish, then whizz the remaining mint and all the other ingredients for the mint sauce in a food processor until smooth.
- 7 Divide the ricotta mixture equally between the crostini, spreading evenly. Drizzle with the mint sauce, dot with the reserved whole peas, then scatter over the reserved mint leaves.

Serving suggestion: Serve with a large salad (dressed with balsamic vinegar) to get one of your 5 A DAY.

Nutrition information (per serving)



Pineapple tacos

with prawns, chilli and lime

Ingredients

100g cooked cold-water prawns

1 red chilli, chopped

2 limes, zest and juice

1 spring onion, finely chopped

1 pineapple, peeled and sliced into thin rounds

Handful fresh coriander, chopped

Method

- 1 In a bowl, mix the cooked prawns with the chilli and the zest and juice of 1 lime. Add the spring onion and toss everything together.
- 2 Fold the pineapple rounds in half to form a 'taco' shell and fill with the prawn mixture. Sprinkle over the coriander and finish with a final drizzle of lime. Enjoy!

Top tip: For extra flavour, lightly brown the pineapple under the grill.

Nutrition information (per serving)







Charred sweetcorn salad with chilli and lime oil

Ingredients

4 medium sweetcorn
(on the cob)

20g pine nuts

2 red chillies

2 limes, zest and juice

2 tbsp olive oil

30g fresh rocket, torn

Large bunch fresh basil,
torn

1 tbsp zaatar

Freshly ground black
pepper, to taste

Note: Zaatar is a Middle
Eastern spice.

Method

- 1 Boil the sweetcorn in water for 2 minutes. Set aside and let dry. Add the pine nuts to a dry frying pan over a medium heat and toast lightly for 2–3 minutes, until golden and nutty. Set aside.
- 2 In a processor, whizz the chillies, lime zest and juice with the olive oil until fully combined and emulsified.
- 3 Spread the torn rocket and basil over a platter, sprinkle over the toasted pine nuts and set aside.
- 4 Heat the grill to high. Brush the sweetcorn with half the chilli and lime oil and place under the grill, turning frequently, until the kernels are golden and the corn is cooked through.
- 5 Add the sweetcorn to the leaves, drizzle over the remaining oil, scatter over the zaatar and season to taste before serving.

Serving suggestion: For a complete meal, serve with a baked chicken breast (skinless) or fillet of fish.

Nutrition information (per serving)



Roasted carrots with orange, lemon and tabbouleh

Ingredients

6 medium-sized carrots,
skin on and sliced
lengthways

A drizzle of olive oil

120g bulgur wheat

Large bunch fresh
parsley, chopped

30g sun-dried tomatoes,
roughly chopped

Large bunch of fresh
mint, chopped

A scattering of
pomegranate seeds

1 large orange, zest
and juice

1 large lemon, zest
and juice

Freshly ground black
pepper, to taste

1 tsp zaatar

Freshly ground black
pepper, to taste

To serve

1 tsp zaatar

Small handful
pomegranate seeds

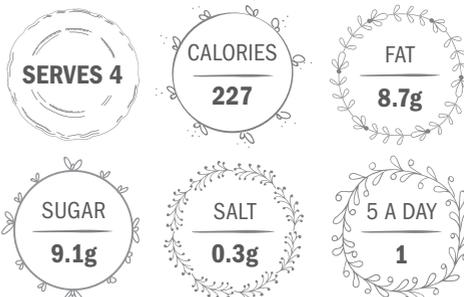
Small handful fresh
mint leaves

Method

- 1 Preheat the oven to 220°C/Fan 200°C.
- 2 Toss the carrots in a little olive oil, place on a baking tray and roast for 30 minutes, until caramelised and tender.
- 3 Meanwhile, put the bulgur wheat in a bowl, cover with boiling water, then cover the bowl with a plate or tea towel and set aside for 30 minutes, until tender, or cook to packet instructions.
- 4 Drain the bulgur wheat, add the chopped parsley, sun-dried tomatoes and mint and toss together. Transfer to a serving plate and scatter over the pomegranate seeds.
- 5 Combine the lemon and orange zest and juice in a bowl and pour the mixture over the hot carrots. Toss to coat. Add the carrots to the bulgur wheat and drizzle on any of the remaining liquid from the baking tray. Season with black pepper to taste, then sprinkle over the zaatar, pomegranate seeds, mint leaves and serve.

Serving suggestion: Serve as a side to a baked chicken breast (skinless) or fillet of salmon, or for a vegetarian dish opt for beans or tofu.

Nutrition information (per serving)







Soft scrambled eggs with green sauce and zaatar toast

Ingredients

Small bunch fresh parsley

1 clove garlic, peeled
and trimmed

1 lemon, zest and juice

1 tbsp rapeseed oil

4 medium eggs

2 tsp skimmed milk

Spray oil

1 courgette, sliced

1 tbsp zaatar

4 slices sourdough bread
(40g per slice)

Method

- 1 To make the green sauce, whizz together the parsley, garlic, lemon zest and juice with the oil in a food processor until smooth.
- 2 Break the eggs into a cold saucepan, add the milk and place the pan on a low heat. Using a wooden spoon or rubber spatula, scramble the eggs until they come together like loose porridge (you do not want them rubbery and hard).
- 3 Meanwhile, coat a frying pan with spray oil and warm over a medium heat. Fry the courgette until golden. Sprinkle over half of the zaatar and set aside.
- 4 Toast the sourdough. Sprinkle the remaining zaatar over the toast, spoon the eggs over the top and add the courgette. Finish with a generous drizzle of the green sauce.

Top tip: Using wholemeal bread instead of sourdough bread will increase the fibre content which is good for bowel health and can help keep you feeling fuller for longer.

Nutrition information (per serving)





'Almost' shakshuka with harissa yoghurt

Ingredients

2 red peppers, deseeded
and sliced

2 garlic cloves, finely
diced

2 green chillies, chopped

½ tbsp smoked paprika

1 x 400g can chopped
tomatoes

250g spinach

6 medium eggs

3 tbsp low-fat plain
yoghurt

1 tbsp rose harissa
(such as Belazu)

Small handful fresh mint,
roughly torn

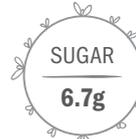
1 tbsp chopped
pistachios

Method

- 1 Preheat the oven to 200°C/Fan 180°C.
- 2 In a wide, shallow, ovenproof pan, warm the red peppers, garlic, green chillies and smoked paprika over a medium heat for 3–5 minutes, until gently cooked through.
- 3 Add in the tomatoes and turn the heat up high. When the tomatoes have thickened and the sauce has reduced by half, add in the spinach and cook until wilted.
- 4 Make six wells in the sauce, crack an egg into each well and put the pan into the oven for 8 minutes until the whites are just set.
- 5 Meanwhile, mix together the yoghurt and harissa.
- 6 Remove the pan from the oven, scatter over the mint and pistachios and serve with dollops of the harissa-spiked yoghurt.

Serving suggestion: Serve with a slice of wholemeal bread.

Nutrition information (per serving)



Lemon, basil and mint pesto pasta

Ingredients

- 1 tbsp pine nuts
- 1 lemon, zest and juice
- 2 large handfuls fresh basil
- 1 large handful fresh mint
- 1 red chilli
- 40g parmesan
- 2 tbsp extra-virgin olive oil
- Freshly ground black pepper, to taste
- 300g dried wholemeal pasta, such as penne or rigatoni
- 100g rocket
- 3 tbsp red wine vinegar

Method

- 1 In a small, dry frying pan over a medium heat, toast the pine nuts until they colour lightly. Tip into a processor with the lemon zest and juice, and the herbs, chilli and parmesan and whizz until you have a rough paste. With the processor running, drizzle in the oil slowly until you have a vibrant green, loose pesto. Season to taste with black pepper and set aside.
- 2 Cook the pasta according to packet instructions. Drain the pasta, reserving 2 tablespoons of cooking water, then add the pasta back to the pan with the reserved water and the pesto. Mix until combined.
- 3 Add the rocket into a mixing bowl, pour over the red wine vinegar and mix well. Fold the rocket leaves through the pasta and serve.

Serving suggestion: Serve with steamed green vegetables to get one of your 5 A DAY.

Nutrition information (per serving)







'Frisotto'

(Freekeh with lemon, feta and mushrooms)

Ingredients

1 tsp rapeseed oil

160g mixed mushrooms,
brushed and sliced

1 lemon, zest and juice

75g feta cheese

2 tbsp cold water

Small handful fresh
oregano

200g ready-cooked
freekeh (such as
Merchant Gourmet)

Freshly ground black
pepper, to taste

Small handful fresh mint
leaves, roughly chopped

Note: Freekeh is a grain made from wheat which is high in fibre and protein.

Method

- 1 Add 1 teaspoon of rapeseed oil to a frying pan, and set over a high heat. Once the oil is hot, add the mushrooms and fry for 6–7 minutes until they are dark and crispy. Remove a couple of the mushroom pieces from the pan and set aside for later. Squeeze over the lemon juice and add in the zest.
- 2 Reduce to a medium heat and add in the feta with 2 tablespoons of water and stir for 3–4 minutes, until melted. Tumble in the oregano leaves.
- 3 Add in the freekeh and heat through for 4–6 minutes. The sauce should be glossy and coat the individual freekeh, but if needed, add a few tablespoons of water to make the sauce silky.
- 4 Season with black pepper, to taste, and serve in a bowl, sprinkling the reserved mushrooms and chopped mint on top.

Top tip: To add even more flavour, scatter with chilli flakes and parsley before serving.

Nutrition information (per serving)



Garam masala-crumbed cod with salt and vinegar cucumber salad

Ingredients

2 cod fillets

40g fresh breadcrumbs
(ideally wholemeal)

1 tsp garam masala

1 lemon, zest only

Freshly ground black
pepper, to taste

For the salad

1 small cucumber, sliced
wafer-thin

½ tsp salt

Small handful fresh dill,
chopped

4 tbsp white wine vinegar

1 tsp chilli flakes

2 cloves garlic, finely
diced

1 lemon, sliced into
thick wedges

Method

- 1 Preheat the oven to 180°C/Fan 160°C.
- 2 Place the two cod fillets on a baking tray. Mix the breadcrumbs with the garam masala, lemon zest and a generous grind of black pepper. Top the cod evenly with the breadcrumb mixture and bake for 10 minutes, until the fish is cooked through and the topping is crispy.
- 3 Meanwhile, slice the cucumber thinly with a mandolin if possible or as thin as possible with a knife or vegetable peeler. Mix with the salt and set aside for 5 minutes.
- 4 After 5 minutes, rinse the cucumber well in cold water. Place it in a bowl with the dill, white wine vinegar, chilli flakes and garlic. Toss together and serve immediately with the cod and lemon wedges for squeezing over.

Top tip: To get one of your recommended servings of oily fish a week, swap the cod for an oily fish such as salmon.

Nutrition information (per serving)







Baked salmon

with peas and green mayo dressing

Ingredients

1 lemon, zest and juice

2 large salmon fillets

1 tbsp reduced-fat mayonnaise

Small bunch fresh parsley, tarragon and mint

50g frozen peas

1 tbsp red wine vinegar

1 tsp olive oil

100g rocket

Freshly ground black pepper, to taste

Method

- 1 Preheat the oven to 180°C/Fan 160°C.
- 2 Sprinkle the lemon zest over the salmon, then wrap each fillet gently in a piece of foil and bake the fillets for 8 minutes, until the fish is cooked through. Set aside to rest.
- 3 Meanwhile, put the mayonnaise and herbs in a food processor and whizz until combined. You should have a fragrant and green-hued mayo.
- 4 Put the frozen peas in a sieve and run them under the hot tap until they are defrosted. Transfer to a small bowl and mash with a fork, then slowly add the lemon juice and continue to mash the peas.
- 5 Mix together the red wine vinegar and olive oil, pour over the rocket and mix well.
- 6 To serve, put equal portions of the lemony peas and rocket on two plates, top with the salmon and spoon over the herb-flecked green mayo. Season to taste and serve immediately.

Serving suggestion: Serve with a portion of steamed new potatoes and vegetables.

Nutrition information (per serving)





Zaatar lamb (or veggies) with preserved lemon hummous

Ingredients

16 small new potatoes

For the hummous

400g can chickpeas,
drained

1 preserved lemon

1 lemon, zest and juice,
plus extra to taste if
necessary

2 cloves garlic

2 tbsp tahini

2 tbsp cold water

1 tsp ground cumin

2 tbsp zaatar

1 tbsp extra-virgin olive oil

Freshly ground black
pepper, to taste

For the lamb

1 tsp sumac

1 tbsp zaatar

1 tsp paprika

1 tsp olive oil

4 lamb chops

Small bunch fresh mint
leaves, torn

Small handful
pomegranate seeds,
to serve

Note: Sumac is a dried red
spice traditionally used in
Middle Eastern cooking.



Method

- 1 Put the potatoes into a large saucepan and cover with cold water, place on a high heat and bring to the boil, then reduce the heat and simmer for about 15–20 minutes, or until soft when pushed with a fork.
- 2 Reserve 1 tablespoon of the chickpeas then place the remainder in a food processor. Add the remaining houmous ingredients, except the seasoning, and whizz to a fine puree. Season to taste and adjust the lemon acidity as needed. If the houmous isn't smooth add in a couple of tablespoons of water and blend again.
- 3 Mix together the spices and oil for the lamb. Coat the chops with the seasoned oil then lightly season with black pepper.
- 4 In a dry frying pan, lay the chops away from you and cook on a medium-high heat for 3 minutes on each side, until browned and just cooked through. Remove the lamb from the pan using a slotted spoon and set aside to rest, leaving the juices in the pan.
- 5 Tip the tablespoon of reserved chickpeas into the pan with the lamb juices and fry over a high heat until the chickpeas are crispy.
- 6 Spread the houmous on a large plate, top with the rested lamb chops, and sprinkle over the crispy chickpeas, torn mint and pomegranate.

Serving suggestion: Serve with a portion of steamed vegetables or a green salad.

Nutrition information (per serving)



Miso and tahini chicken with chermoula ratatouille

Ingredients

- 1 tbsp tahini
- 1 tbsp white miso
- 4 chicken thighs, skinless and boneless
- 2 red peppers, deseeded and sliced
- 2 courgettes, sliced
- 2 red onions, peeled and quartered
- 4 large tomatoes, quartered
- 2 aubergines, sliced
- 4 whole cloves of garlic
- 1 tbsp chermoula paste
- 1 tbsp rapeseed oil

For the dressing

- 1 tbsp tahini
- 3 tbsp warm water
- 1 lime, zest and juice
- 1 lemon, zest and juice

Freshly ground black pepper, to taste

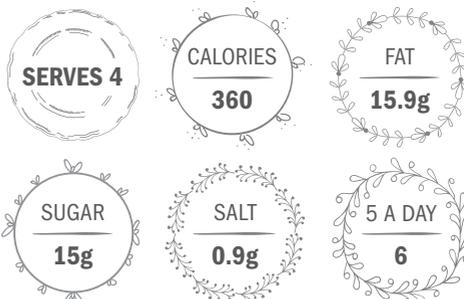
Note: Miso is a paste made from fermented soybeans used in Asian cuisine. Chermoula is a North African marinade.

Method

- 1 Preheat the oven to 220°C/Fan 200°C.
- 2 Mix together the tahini and white miso and spread the mixture evenly over the chicken thighs. Add the red pepper, courgette, onion, tomato, aubergine and whole garlic to a baking tray.
- 3 Combine the chermoula and oil in a small bowl and pour over the vegetables. Toss until evenly coated. Put the chicken on top of the vegetables and bake for 20 minutes. After 20 minutes, reduce the oven temperature to 180°C and cook for a further 10 minutes, until the vegetables are caramelised and the chicken is cooked through.
- 4 Meanwhile, make the dressing. Put the tahini in a small bowl and add the water to loosen. Add the lemon and lime zest and juice, season to taste, and stir to combine.
- 5 Remove the vegetables and chicken from the oven, checking that the chicken juices run clear. Transfer the vegetables to a serving plate and place the chicken thighs on top. Drizzle over the dressing.

Top tip: To lower the fat and calorie content, use skinless chicken breasts instead of chicken thighs.

Nutrition information (per serving)







Maple brûlée pears with coconut yoghurt

Ingredients

2 pears, peeled, cored and
sliced lengthways

1 tbsp maple syrup

15g currants

1 lemon, zest and juice

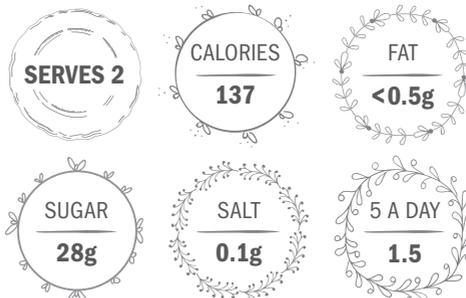
100g fat-free, no-added-sugar,
coconut-flavoured yoghurt

Method

- 1 Preheat the oven to 180°C/Fan 160°C.
- 2 Place the pears on a baking tray, brush with the maple syrup and bake for 20–25 minutes, until they are just browning at the edges. Set aside and leave to cool slightly.
- 3 Meanwhile, pour the lemon juice into a small bowl and add the currants. Allow to soak to plump up and take on some acidity to cut through the sweetness of the pear and yoghurt.
- 4 Divide the yoghurt equally between two bowls and top each with a whole pear. Sprinkle over the lemony currants and serve.

Top tip: You can use a different flavoured yoghurt if desired – opt for a fat-free, no-added-sugar version.

Nutrition information (per serving)



Caramelised mango, chilli and lime with cinnamon yoghurt

Ingredients

1 mango, peeled, stoned and diced

15g light brown soft sugar

1 red chilli, finely chopped

1 lime, zest and juice

Handful fresh mint, finely sliced

For the yoghurt

200g fat-free

Greek-style yoghurt

2 tsp ground cinnamon

Method

- 1 Preheat your grill to a high heat. Place the mango on a baking tray and sprinkle with the brown sugar, chilli and lime zest. Drizzle over the lime juice, mix everything together, then place under the grill until the mango begins to brown.
- 2 Meanwhile, mix the yoghurt with the cinnamon.
- 3 When the mango has caramelised, divide between two bowls and spoon over the yoghurt. Sprinkle over the sliced mint and serve.

Top tip: Instead of mango, you could use pineapple or apple.

Nutrition information (per serving)





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