



World
Cancer
Research
Fund

FAMILY FLAVOURS



Recipes to cook together

Dear food lover,

Cooking with my children is an activity I do a lot. From sitting in their highchair spreading passata for pizza, to cutting herbs with scissors, to making their own pastry – they have learnt a lot over the years! Not only do they enjoy cooking, but it is also such an important skill for them to have. I want them to grow up being able to cook for their friends and family; and enjoy making healthy food for themselves.

That's why I've worked with World Cancer Research Fund to create seven fantastic new recipes that are not only tried-and-tested family favourites, but also have tips on where and how to get children involved in the process.

As a mum of three as well as a Registered Nutritionist, life is hectic so not only do I want my food to be nutritionally balanced, but it has to work around the family too. These recipes will provide your children aged 2 upwards with healthy, balanced meals – and add to their 5 A DAY. Children under 2 years old have different nutritional needs, so these recipes may not be suitable for them.

Let's get the whole family cooking.

Best wishes,

A handwritten signature in black ink that reads "Aliya Porter". The script is cursive and fluid.

Aliya Porter

Registered Nutritionist and mum of three

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Nutrition information: 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 or opt for low or reduced-salt and sugar versions where possible. If you adjust the recipes using our top tips or serving suggestions, the nutrition information will no longer be accurate.

LET'S GET KIDS IN THE KITCHEN



Learning how to prepare healthy meals is an important skill in life, and the earlier children start the better.

By encouraging children to eat healthily, this will help them to develop long-term healthy habits that could help to reduce their risk of cancer and other diseases in the future.

Allowing little ones in the kitchen can bring fear to some – but it doesn't always have to be stressful, as children can be involved in even the smallest tasks. Getting children to help with food planning and tasting food can be a good start.

Children are also more likely to try food that they have helped to prepare. Cooking can help children to become more familiar with different types of food – making them more adventurous and less likely to be fussy eaters. Often, children will eagerly tuck into something they have prepared themselves and take great pride in watching someone else enjoy their food.

Look out for this stamp



This tells you where children could get involved in each recipe, with no fuss. The cooking methods in these recipes can be safely followed by children, but some need adult supervision. Use your own judgement on what your children have the ability to do – and safety is most important.

As well as appropriate cooking methods for children, the ingredients we use are pretty kid friendly too.

Examples of things the kids can do

★ Washing fruit and vegetables

★ Peeling and chopping (with adult help)

- using a serrated knife can be easier



★ Using scissors to cut will be easier than a knife

★ Mixing (using lightweight plastic bowls is easier)

★ Cracking an egg

★ Draining cans

★ Using measuring jugs, scales or spoons

★ Using a box grater (for the child to press against)

★ Using a pastry brush (it's just like painting!)

★ Mixing with their hands

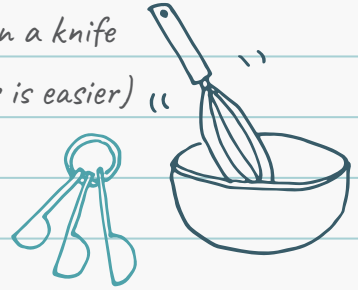
★ Breading and flouring - three stations with flour, beaten egg and breadcrumbs

★ Using a sieve (with adult help if sieving flour or icing sugar)

★ Frying (with adult help)

★ Using the oven (with adult help)

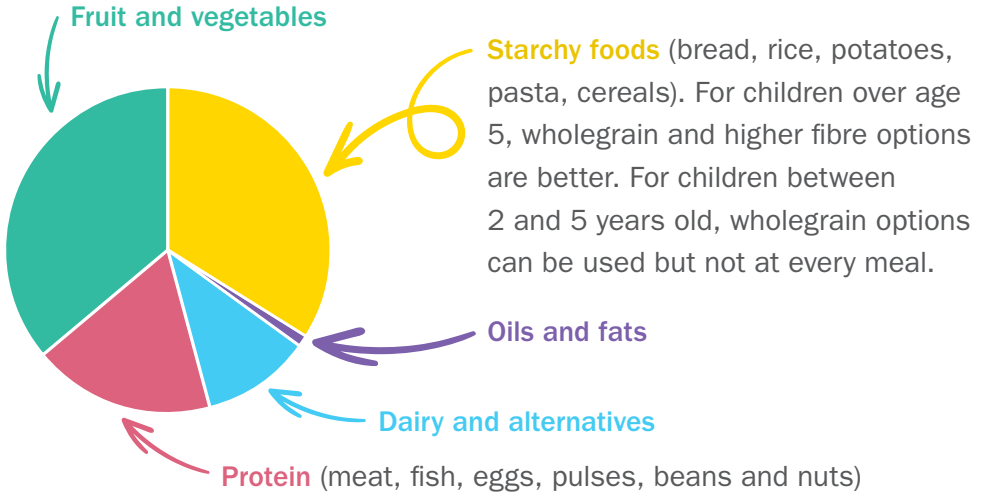
★ Using a processor or hand-held blender (with adult help)



For more recipes suitable for children, check out the **Cook it!** section on **Eat Move Learn**, an online learning and activity resource about healthy living for children ages 7-11: wcrf-uk.org/eat-move-learn

EATING HEALTHILY AS A FAMILY

Just like adults, children need to eat a balance of different foods to stay healthy. This means eating the right amount from each food group:



It is also important not to eat too much ‘fast food’ and other processed food high in fat, starches or sugar.

Children will often role-model from the adults around them, so it’s important that they see you eating a balanced diet too. Eating meals together can help demonstrate this.

We advise adults to opt for low or reduced-fat versions where possible. However, because young children under 5 are growing rapidly and require lots of energy the advice is different. Children under 2 should always have full fat milk and dairy foods. After 2, semi-skimmed milk can be introduced if they are growing well, and children over the age of 5 can follow a healthy diet suitable for all the family. If your child is under 5, you may have to adapt the dairy ingredients in these recipes.

What's a portion size for a child?

In general, portion sizes for children will vary depending upon their age, sex, body size and levels of physical activity. All children are different, and it's best to feed to appetite.

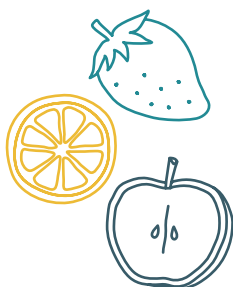
The serving sizes and nutrition information in this cookbook are for adults, so you may have leftovers if serving little ones at primary school age – but leftovers are great for fuss-free meals in the following days.

5 A DAY

All the recipes in this cookbook (even the dessert!) include at least one portion of vegetables or fruit – to help your family get their 5 A DAY.

You and your family should try to eat at least five portions of vegetables and fruit every day – fresh, canned, frozen and dried – they all count. A portion of pulses also counts as one of your 5 A DAY – but only one! Potatoes, yam, plantain, and cassava do not count towards your 5 A DAY.

A 5 A DAY portion size is around 80g per person for adults. For children, a portion of fruit or vegetables is roughly the amount that fits into the palm of their hand. Here are some examples of what might make one portion for a child:



- ★ An apple, orange, banana, plum or satsuma
- ★ A handful of smaller fruits like berries and grapes
- ★ A handful of salad leaves
- ★ 1–2 tablespoons of vegetables like chopped carrots, broccoli, sliced peppers or garden peas
- ★ 1–2 tablespoons of cooked pulses, like beans and lentils



Different vegetables and fruit contain different vitamins and minerals, it's important for your family to try and eat a variety. Think of a rainbow and encourage your children to eat food from all the different colours.

BEEF AND LENTIL BURRITOS



Ingredients (serves 4):

For the burrito mixture:

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 2 tablespoons cumin
- 3 tablespoons paprika
- 4 cloves garlic, finely diced
- 250g 5% fat beef mince
- 1 red pepper, deseeded and roughly chopped
- 80g dried red lentils
- 1 large red chilli, finely chopped
- 80g white rice (if using wholegrain rice, you will need to cook it for 15 minutes before adding)
- 400g can chopped tomatoes
- 400g can kidney beans, drained and rinsed
- 2 tablespoons lime juice (juice of 1 lime)
- 1 tablespoon oregano
- 100–200ml water



For the guacamole:

- 1 medium avocado, with stone and skin removed
- 1 tablespoon lime juice (juice of half a lime)
- 1 teaspoon cumin
- 1 medium tomato, diced

To serve:

- 4 wholemeal wraps
- 100g iceberg lettuce, shredded
- 1 red onion, thinly sliced



Method:

1. Heat the oil in a large non-stick pan over a medium heat.
2. Add the onions and fry for around 6 minutes until translucent and starting to brown. Then add the spices and garlic and fry for a further 2 minutes.
3. Add the mince and fry until browned, then add the red pepper and cook for another minute.
4. Add the lentils, chilli and rice and cook for 3 minutes, stirring regularly.
5. Finally, add the chopped tomatoes, beans, lime juice, oregano and 100ml water. Bring to the boil then reduce to simmer, cover and cook for 20–25 minutes until the lentils and rice are cooked. Stir regularly to stop the mixture from sticking. Add up to 100ml more water if it is sticking but avoid adding too much.
6. Meanwhile, make the guacamole. Mash the avocado with a fork. Add the lime juice, cumin, and diced tomato and mix.
7. Just before serving, warm the wraps for 1 minute in the microwave.
8. Lay a piece of foil on each plate (this will help keep the wrap together). Put the wrap on top and spoon a quarter of the mixture into the middle of each wrap. Top with lettuce, red onion and guacamole. Fold in the sides and then roll from the bottom using the foil to help you roll it. Fold the foil in at one end.



Children can help weigh out the ingredients, juice the lime, mash the avocado, empty cans, rinse the beans and cut the peppers with a child-safe knife.

Top tip

Why not make double the quantity of burrito mixture and freeze it. Defrost in the fridge overnight and reheat thoroughly before serving.



Nutrition information (per serving)

Calories	Fat	Sugar	Salt	5 A DAY
571	18.2g	14.6g	0.9g	4

VEGETABLE NOODLE STIR-FRY



Ingredients (serves 4):

- 2 tablespoons light soy sauce
- 2 tablespoons lime juice (juice of 1 lime)
- 1 tablespoon sesame oil
- Black pepper (to taste)
- ½ teaspoon chilli flakes or 1 small red chilli, finely chopped
- 3 teaspoons vegetable oil
- 8 medium eggs, beaten
- 2 tablespoons curry powder
- 1 medium onion, sliced
- 4 cloves garlic, peeled and finely diced
- 5cm piece of ginger, grated (about 40g)
- 1 red pepper, deseeded and sliced
- ½ sweetheart cabbage, sliced
- A bunch of spring onions, roughly chopped
- 300g beansprouts
- 3 x 62g nests of dried wholemeal (when available) rice noodles, prepared according to pack instructions and cooled – or 300g precooked rice noodles

Method:

1. Make the sauce by combining the soy sauce, lime juice, sesame oil, black pepper and chilli flakes in a bowl. If you are using fresh chilli instead, add this later with the beansprouts, not the sauce.
2. Heat 1 teaspoon of oil in a deep frying pan or wok over a medium heat.
3. Add the beaten egg. When it starts to solidify, break it up and cook until it is all just solid (around 2–3 minutes). Remove from the pan and set aside.
4. Heat the rest of the oil over a medium heat, add the curry powder and cook for 1 minute, then add the onion, garlic and ginger to the pan and cook for 2 minutes.
5. Add the red pepper and cook for a further minute, stirring regularly. Then add the cabbage and cook for another 2 minutes, continuing to stir.
6. Add the spring onions, beansprouts and cooked egg and cook for 1 minute, stirring regularly.
7. Finally, add the noodles and sauce, mix thoroughly, cooking for a further 2 minutes. Serve immediately.



Children can help to choose which rainbow vegetables to use, weigh out the ingredients, break and beat the eggs, juice the lime, make the sauce, rinse the noodles in cold water (if using dried noodles) and cut the peppers with a child-safe knife.

Top tip

The key to a good stir fry is to prepare all of your ingredients and the sauce first. You can experiment with different vegetables – if you choose more crunchy vegetables like carrots, they will need a little more time to cook.



Nutrition information (per serving)

Calories
511

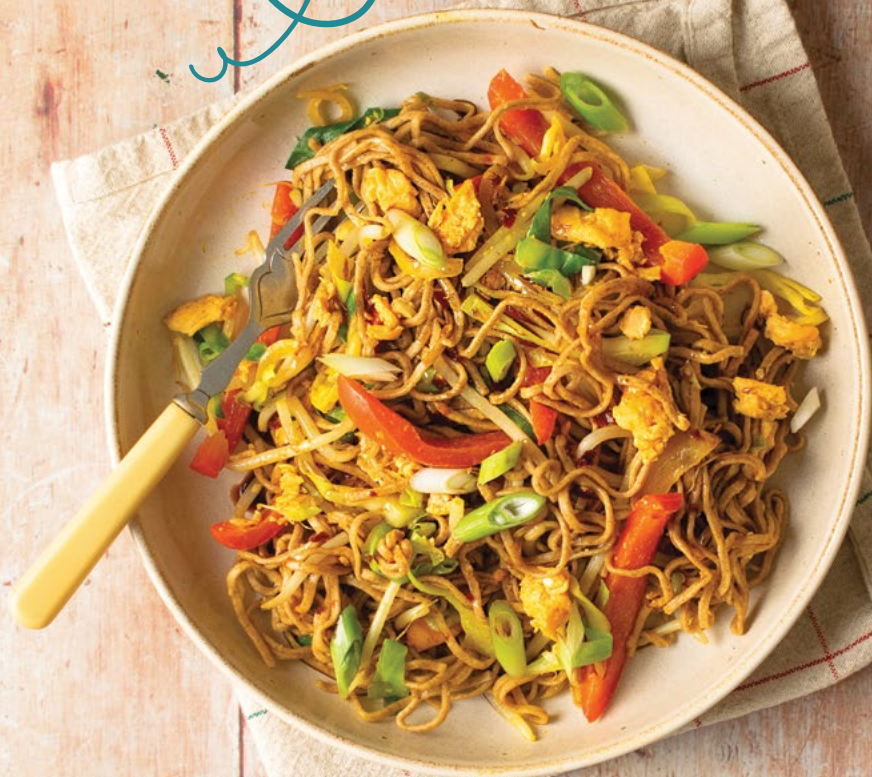
Fat
22.8g

Sugar
9.7g

Salt
1.08g

5 A DAY
2

Spicy



CHEESY VEGETABLE PASTA BAKE



Ingredients (serves 4):

200g carrot, peeled and diced
400g wholemeal fusilli
25g plain flour
300ml semi-skimmed milk
1 teaspoon Dijon mustard
90g 'lighter' or reduced-fat cheddar cheese, grated
25g parmesan cheese, finely grated
250g sweetcorn (tinned and drained, or frozen)
200g frozen peas
Black pepper (to taste)
30g wholemeal breadcrumbs
2 medium tomatoes, thinly sliced

Method:

1. In a pan of boiling water, boil the carrots until soft. Once cooked, drain keeping 1 tablespoon of the cooking water, then in a bowl mash the carrot with the cooking water and set aside.
2. Cook the pasta, according to packet instructions.
3. Meanwhile, in a bowl mix together the flour and 2 tablespoons of the milk until smooth. Gradually add the remaining milk and mix thoroughly to remove the lumps.
4. Place the milk and flour mixture into a pan and heat over a low heat, whisking constantly.
5. When the sauce starts to thicken, add the mustard, most of the cheddar, parmesan, vegetables, black pepper and 2 tablespoons of water from the pasta and mix until well combined and hot.
6. When the pasta is cooked, drain, then stir the sauce into the pasta.
7. Transfer the saucy pasta into an ovenproof dish, top with breadcrumbs, tomatoes and remaining cheddar and bake under a medium preheated grill for 5 minutes. Serve immediately.



Children can help with mashing the carrot, grating the cheese using a box grater, measuring out ingredients, mixing the flour and milk and whisking the sauce (with supervision).

Top tip

Cook the carrot when you are cooking for a meal the day before and mash them ready for this quick meal.



Nutrition information (per serving)

Calories
621

Fat
12.6g

Sugar
17.6g

Salt
0.8g

5 A DAY
2



PAPRIKA CHICKEN DRUMSTICKS WITH WEDGES AND CORN

Ingredients (serves 4):

For the drumsticks:

2 teaspoons smoked paprika

2 teaspoons oregano

4 teaspoons lemon juice (juice of half a lemon)

3 teaspoons vegetable oil

4 cloves garlic, finely diced

2 teaspoons ground cumin

½ teaspoon chilli powder

800g chicken drumsticks

For the wedges:

800g potatoes, washed and cut into wedges (leave the skins on)

1 tablespoon vegetable oil

2 teaspoons smoked paprika

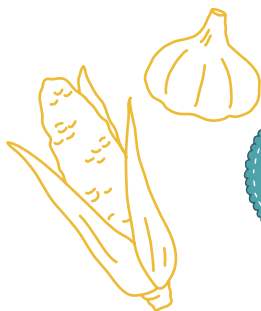
For the corn:

4 corn on the cob, washed

Black pepper (to taste)

Method:

1. Mix all the ingredients for the chicken marinade in a bowl large enough to fit the drumsticks in.
2. Remove the skins of the drumsticks by pulling the skin down from the top and use scissors to cut it off around the narrowest part of the drumstick.
3. Add the chicken to the marinade, using your hands to combine them. Wash your hands thoroughly, then cover the bowl and place in the fridge for at least 1 hour (or up to 24 hours).
4. Preheat the oven to 200°C/180°C fan.
5. To make the wedges, put the cut potatoes into a bowl, add the oil and mix with your hands so that it covers the potatoes.
6. Turn the potatoes out onto a non-stick baking tray and spread them out. Sprinkle with the smoked paprika and set aside.
7. Place each corn cob onto a piece of tin foil, season with black pepper and wrap up, sealing into a parcel by twisting the ends.
8. Once the chicken is marinated, place the drumsticks on an oven tray lined with baking paper leaving space to put your corn parcels onto the tray later.
9. Put the chicken and potatoes in the oven. Cook for 10 minutes and then add the corn parcels to the baking tray. Cook for a further 30 minutes until the wedges are soft in the middle and browned, and the chicken is cooked through.



Handy Helper

Children can help weigh out ingredients, mix the marinade and cover the chicken in it, wrap the sweetcorn in foil, and sprinkle the paprika on the wedges.

Nutrition information (per serving)

Calories
611

Fat
16.8g

Sugar
6.3g

Salt
0.9g

5 A DAY
1



Serving suggestion

If you can't get hold of sweetcorn, serve with a portion of the coleslaw recipe on page 16.

EASY GREEN PASTA SAUCE

Ingredients (serves 4):

400g wholemeal fusilli
85g unsalted cashew nuts
160g broccoli cut into 2cm pieces – use the stalk and some florets too
200g courgette cut into 4cm pieces
120g frozen peas (defrosted)
40g baby leaf spinach
4 cloves garlic, peeled
40g parmesan cheese, finely grated (or other hard cheese)
Black pepper (to taste)
2 tablespoons extra virgin olive oil
4 tablespoons lemon juice (juice of 1–1½ lemons – depending on the size)

Method:

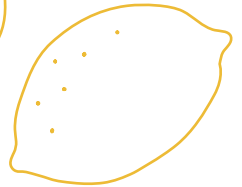
1. Put the pasta on to cook, according to packet instructions.
2. Using a food processor (or handheld blender if you don't have one), blend the cashews, vegetables, garlic, parmesan and black pepper for 30 seconds, then scrape down the sides and blend again to make a coarse paste. Add the oil and lemon juice and blend again until you have a paste similar to pesto.
3. When the pasta is cooked, drain, reserving 6 tablespoons of pasta water, then return the pasta back into the pot and add the sauce.
4. Mix together the sauce, pasta and pasta water and cook over a low heat for a couple of minutes until heated through, stirring continuously. Serve immediately.

Serving suggestion

Serve with carrots or sweetcorn for another colour in your 5 A DAY rainbow.

Handy Helper

Children can help with measuring out ingredients, putting all the ingredients into the food processor (with supervision), and mixing the sauce in with the pasta (with supervision).



Nutrition information (per serving)

Calories
610

Fat
22g

Sugar
6.5g

Salt
0.2g

5 A DAY
1



VEGGIE BURGERS WITH SLAW



Ingredients (serves 4):

For the burgers:

400g butternut squash, peeled,
deseeded and diced into
2cm x 2cm cubes

60g quinoa

100g chestnut mushrooms,
finely chopped

60g ground almonds

40g sundried tomatoes,
finely chopped

1 teaspoon garlic granules

1 large egg, beaten

Black pepper (to taste)

For the coleslaw:

160g white cabbage, finely sliced

130g carrot, peeled and grated

30g red onion finely sliced

4 tablespoons low fat plain yoghurt

1 teaspoon white wine vinegar

Black pepper (to taste)

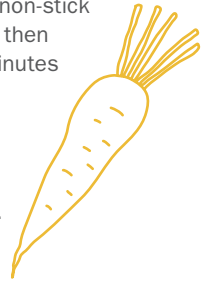
To serve:

4 wholemeal buns to serve

Handful of baby leaf spinach

Method:

1. Boil the butternut squash for about 20 minutes until soft. Drain, mash and set aside.
2. Meanwhile cook the quinoa by adding 180ml water to the quinoa in a pan, cover and bring to the boil. Reduce the heat and simmer for 20 minutes. Once cooked, turn off the heat and leave to stand for 10 minutes, then fluff up with a fork and set aside.
3. Mix all the ingredients for the burgers (including the cooked squash and quinoa) in a bowl and divide into 4 portions, then shape them into patties on a plate.
4. Put the burgers in the fridge for 30 minutes (longer if you want) to firm up.
5. Preheat the oven to 200°C/180°C fan.
6. Dust a non-stick tray with plain flour and place the burgers onto it. It is easiest to turn the plate upside down to get them off. Dust the tops of the burgers with flour. If you don't have a non-stick tray, line a tray with baking paper and then dust the baking paper. Bake for 20 minutes.
7. Meanwhile, put all the ingredients for the coleslaw into a bowl and mix well.
8. When the burgers are ready, serve in a wholemeal bun with spinach leaves.



Top tip

You could cook double the quantity of butternut squash and use it to top a cottage pie or cook double the quinoa and make it into a tasty salad for lunch the next day.



Children can help with measuring out ingredients, cutting the sundried tomatoes with scissors (with supervision), cutting the mushrooms (with supervision), breaking and beating the eggs, mashing the butternut squash and making the burger patties.



Nutrition information (per serving)

Calories
419

Fat
18.3g

Sugar
11.3g

Salt
0.96g

5 A DAY
2

PEACH, PEAR AND PARSNIP UPSIDE DOWN CAKE



Ingredients (serves 4):

200g (drained weight) pears canned in juice

225g (drained weight) peach slices canned in juice

225g parsnips, grated

85g sultanas

225g self-raising flour

2 teaspoons baking powder

¼ teaspoon bicarbonate of soda

2 teaspoons mixed spice

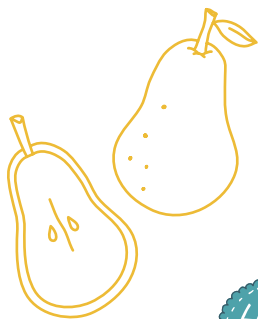
100ml vegetable oil

3 large eggs, beaten

1 teaspoon vanilla extract

Method:

1. Preheat the oven to 200°C/180°C fan.
2. Grease and line an 8-inch (20cm) round cake tin with baking paper. Drain the canned fruit.
3. In a bowl, mash the pears with a fork.
4. Arrange the peaches in a windmill or circle pattern in the bottom of the cake tin. Leave space between them but they should be evenly distributed.
5. Mix all the remaining ingredients with the mashed pear in a bowl with a wooden spoon until thoroughly mixed.
6. Spoon the mixture over the peaches so that they are evenly covered. Bake for 35 minutes until the cake is browned.
7. Before removing from the oven, line a baking tray with baking paper.
8. Remove the cake from the oven and immediately turn it out onto your lined baking tray so that the peaches are on the top of the cake. Remove the baking paper from the cake and place back in the oven for 15 minutes until the batter on the top is cooked through.
9. Remove from the oven and cool on a wire rack before serving.



Children can help with measuring out ingredients, grating the parsnip, opening cans and draining off the juice, mashing the pear, greasing and lining the cake tin, placing the peaches in the cake tin, breaking and beating the eggs, mixing the cake mixture and putting the cake mixture into the tin.

Top tip

Save the juice from the canned fruit and freeze it in an ice lolly mould for a refreshing dessert.



Nutrition information (per serving)

Calories
323

Fat
15.6g

Sugar
13.3g

Salt
0.7g

5 A DAY
1

Cancer Prevention Recommendations



Be a healthy weight

Keep your weight within the healthy range and avoid weight gain in adult life



Be physically active

Be physically active as part of everyday life – walk more and sit less



Eat a diet rich in wholegrains, vegetables, fruit and beans

Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet



Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars

Limiting these foods helps control calorie intake and maintain a healthy weight



Limit consumption of red and processed meat

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



Limit consumption of sugar-sweetened drinks

Drink mostly water and unsweetened drinks



Limit alcohol consumption

For cancer prevention, it's best not to drink alcohol



Do not use supplements for cancer prevention

Aim to meet nutritional needs through diet alone



For mothers: breastfeed your baby, if you can

Breastfeeding is good for both mother and baby



After a cancer diagnosis: follow our Recommendations, if you can

Check with your health professional what is right for you

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

About us

World Cancer Research Fund (WCRF) 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.

We know that around four in ten – or 40 per cent – of cancer cases are preventable. That's around 147,000 people every year in the UK. Our vision is to live in a world where no-one develops a preventable cancer. By following our Cancer Prevention Recommendations, choosing not to smoke (or giving up smoking) and being safe in the sun, you will have the best chance of living a life free from the disease. Find out more: wcrf-uk.org/our-research

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.

Recipes by Aliya Porter, Registered Nutritionist (www.porternutrition.co.uk)
Food photography by Matilda Bourne (www.matildabourne.co.uk)

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Will you help us build a world where fewer people every day get preventable cancers? Our work is funded solely by charitable donations. Your support will help us continue providing easy to access health information to help people reduce their risk of cancer: **wcrf-uk.org/donate**

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