



World  
Cancer  
Research  
Fund



*Comforting*  
**CUISINE**

🌿 HOME COOKING MADE EASY 🌿

Dear supporter,

Thank you for choosing World Cancer Research Fund's cookbook, Comforting Cuisine.

Did you know that eating well and being a healthy weight are two of the most important ways of reducing your cancer risk?

We are the UK's leading charity on cancer prevention and with these simple, healthy and delicious recipes, we want to help you eat healthily, keep a healthy weight and reduce your cancer risk.

Our cookbooks and other health information resources can empower people to make lifestyle choices that can prevent cancer, so that they can live happy, healthy, cancer-free lives.

We hope you enjoy the recipes in this cookbook. Please share them with your family and friends, and help spread our cancer prevention message – together, we can!

Yours faithfully,

A handwritten signature in black ink, reading "Marilyn Gentry". The signature is written in a cursive style with a long horizontal flourish extending to the right.

Marilyn Gentry

Founder

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

# Colcannon Soup with Soda Bread



## Ingredients (serves 4):

### Colcannon Soup:

- .....
- 1 tablespoon vegetable oil
- .....
- 1 medium onion, finely sliced
- .....
- 2 medium potatoes, washed and cut into 2cm cubes
- .....
- 1 medium parsnip, peeled and cut into 2cm cubes
- .....
- ¼ teaspoon smoked paprika
- .....
- Freshly ground black pepper
- .....
- 300ml reduced-salt vegetable stock
- .....
- 150ml skimmed milk
- .....
- 300g savoy cabbage or kale, finely shredded
- .....

### Soda Bread (12 slices):

- .....
- 300ml semi-skimmed milk
- .....
- 1 tablespoon lemon juice
- .....
- 225g wholemeal self-raising flour
- .....
- 225g plain flour
- .....
- ½ teaspoon salt
- .....
- 1 teaspoon bicarbonate of soda
- .....
- 1 teaspoon sugar
- .....

## Method:

**Colcannon Soup:** Warm the oil in a large saucepan over a medium heat. Cook the onion until it starts to soften. Then add the potatoes, parsnip, smoked paprika and black pepper, and cook for a further 2–3 minutes, stirring continuously.

Add the stock and bring to the boil. Then reduce the heat, cover and simmer for 20 minutes.

Remove the pan from the heat and add the milk. Roughly blend the soup. Add water if needed. Add the cabbage and return to a medium heat for 3 minutes. Allow the soup to gently simmer but not boil.

**Soda Bread:** Mix the milk and lemon juice, and leave to stand for 5 minutes to sour the milk.

Preheat the oven to 230°C/Fan 210°C.

Sift all the dry ingredients into a large bowl. Then add the soured milk – a little at a time – mixing continuously to make a firm dough.

Turn the dough onto a lightly floured baking tray, and pat into a dome-shape. There is no need to knead. Using the handle of a wooden spoon, press a deep cross in to the top of the dough.

Place in the oven and bake for 15 minutes, then reduce the temperature to 200°C/Fan 180°C and cook for a further 30 minutes.

Soup



Bread

(per 65g slice)





# Cajun Salmon with Spicy Tomato Pasta



## Ingredients (serves 2):

### Cajun Salmon:

2 fresh salmon fillets, skinless and boneless (about 120g per fillet)

1–2 teaspoons dried Cajun spice mix

### Spicy Tomato Pasta:

100g dried wholemeal pasta

2 teaspoons olive oil

1 clove garlic, crushed

$\frac{1}{4}$ – $\frac{1}{2}$  teaspoon chilli flakes (optional, to taste)

14 cherry tomatoes, halved

2 tablespoons water

160g baby leaf spinach

Freshly ground black pepper

## Method:

**Cajun Salmon:** Dust the top of each salmon fillet with the Cajun spice mix.

Place the salmon under a medium-high grill for 4–5 minutes depending on the thickness of the fish. Turn the fish over and grill for 3–4 minutes, or until the fish is cooked to taste.

**Spicy Tomato Pasta:** Cook the pasta according to the packet instructions.

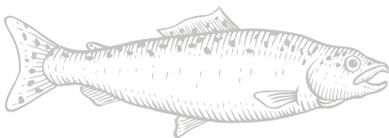
While the pasta is cooking, add the oil to a non-stick frying pan and gently cook the garlic and chilli flakes (optional) for 1 minute. Add the tomatoes and water to the pan and cook, stirring occasionally, until the tomatoes begin to soften. Then add the spinach and black pepper. Stir for a further 1 minute.

Drain the pasta and mix with the tomatoes and spinach. Serve immediately with the salmon.

**Serving suggestion:** Serve on its own or with some steamed vegetables or salad.

## Top tip:

Instead of salmon, try trout in this recipe. Salmon and trout are rich in healthy omega-3 fats. For a lower fat and calorie dish you could use white fish such as cod. Cooking time may vary slightly depending on the type and thickness of the fish.





# Sweet & Sour Chicken



## Ingredients (serves 4):

425g can pineapple chunks in juice  
2 teaspoons cornflour  
1 tablespoon reduced-salt soy sauce  
2 tablespoons rice wine vinegar  
1 tablespoon tomato purée  
1 teaspoon five spice  
½ teaspoon dried chilli flakes  
1 tablespoon vegetable oil  
1 medium onion, cut into wedges  
1 green pepper, cut into strips  
1 red pepper, cut into strips  
4–6 chicken thighs (about 460g) skinless and boneless, diced  
2 cloves garlic, crushed  
2.5cm root ginger, peeled and finely sliced  
Freshly ground black pepper

## Method:

Drain the juice from the pineapple into a bowl. Into a separate bowl, add the cornflour and 1 tablespoon of the pineapple juice and mix to form a paste. Add a further 5 tablespoons of the juice and stir until the paste has dissolved. Then add the soy sauce, vinegar, tomato purée, five spice and chilli flakes, and mix thoroughly.

Warm the oil in a large non-stick frying pan over a medium-high heat. Cook the onion and peppers for 2–3 minutes. Add the chicken and cook until browned on all sides.

Add the pineapple chunks, garlic, ginger and black pepper to the frying pan and stir for 1 minute.

Mix the sauce and pour into the frying pan. Stir thoroughly, coating all the ingredients in the sauce. Bring to boil and reduce the temperature. Allow to simmer – stirring occasionally – for about 5 minutes, until the chicken is cooked through.

**Serving suggestion:** Serve the sweet and sour chicken with steamed brown basmati rice.

## Top tip:

Instead of chicken, try prawns or tofu in this recipe. Visit our website for a healthier egg fried rice recipe to accompany this dish:

[wcrf-uk.org/realrecipes](http://wcrf-uk.org/realrecipes)





# \*Lemon-Spiced Chicken Casserole\*



## Ingredients (serves 4):

4 chicken breast fillets, skinless and boneless, diced

Plain flour, for dusting

1 tablespoon vegetable oil

1 medium onion, finely sliced

1–2 cloves garlic, finely diced

250g new potatoes, halved or quartered depending on size

1 lemon, zest and juice

1 teaspoon ground cumin

1 small handful fresh coriander, roughly chopped

1 teaspoon ground cinnamon

Freshly ground black pepper

410g can chickpeas in water, drained

200ml reduced-salt chicken stock

250g fresh or frozen spinach

## Method:

Lightly dust the chicken pieces with plain flour.

Warm half the oil in a large saucepan over a medium heat. Add the chicken and cook until browned on all sides. Remove the chicken from the pan, and place in a heat-proof dish and cover.

Add the rest of the oil to the pan and warm. Then add the onion, garlic and potatoes, and stir continuously until the onion starts to soften. Add the lemon zest and juice, cumin, coriander, cinnamon and black pepper, mix and cook for a further 2–3 minutes.

Return the chicken to the pan, and add the chickpeas and stock. Mix thoroughly and bring to the boil. Reduce the heat, cover the pan and leave to simmer for 20–25 minutes.

Place the spinach on top of the other ingredients. Replace the lid, and leave for 2 minutes, allowing the spinach to wilt. If using frozen spinach, add a few minutes earlier. Stir the spinach through the casserole and serve.

**Serving suggestion:** Serve on its own, or with a portion of steamed green vegetables.

## Top tip:

Instead of on the hob, this recipe can be made in a slow cooker or in a casserole dish in the oven (preheat the oven to 170°C/Fan 150°C, and cook for 30–40 minutes).





# Turkey Stir-Fry with Broccoli & Pak Choi



## Ingredients (serves 2):

- 1 tablespoon hoisin sauce
- 1 tablespoon reduced-salt tomato ketchup
- 1 tablespoon rice wine vinegar
- 1–2 cloves garlic, crushed
- 2cm root ginger, peeled and grated
- 1 tablespoon vegetable oil
- 160g diced turkey breast
- 160g broccoli, cut into small florets
- 120g mushrooms, sliced
- 100g pak choi, leaves separated and cut into quarters, lengthways
- 300g packet fresh or quick-cook wheat noodles
- 1 spring onion, trimmed and finely sliced (to garnish, optional)

## Method:

To make the sauce, combine the hoisin sauce, ketchup, vinegar, garlic and ginger in a small bowl. Set aside for later use.

Warm the oil in a wok or large frying pan over a high heat. Add the turkey and stir until browned on all sides. Then add the broccoli and mushrooms and stir for 2 minutes. Add the pak choi and noodles, and stir for a further 1 minute.

Pour the sauce into the pan and mix thoroughly, coating all the ingredients. Reduce the heat and allow to simmer for 3–4 minutes until piping hot and the turkey is cooked through.

Scatter the spring onions on top (optional) and serve.

**Serving suggestion:** Best served immediately.

## Top tip:

Instead of turkey, try chicken, prawns or tofu in this recipe. For extra spice, add a pinch of chilli flakes to the sauce.





# Bean Goulash with Mustard Mash



## Ingredients (serves 4):

### Bean Goulash:

2 teaspoons olive oil

1 medium onion, finely diced

1 teaspoon smoked paprika

1–2 cloves garlic, crushed

400g can chopped tomatoes

200ml reduced-salt vegetable stock

100g mushrooms, roughly chopped

400g can mixed beans, drained and rinsed

### Mustard Mash:

600g new potatoes (about 18 medium-sized), washed and cut in half

2 tablespoons olive oil

3 teaspoons wholegrain mustard

## Method:

**Bean Goulash:** Warm the oil in a large non-stick saucepan over a medium heat. Cook the onion until it starts to soften. Add the paprika and garlic, stir and cook for 1–2 minutes.

Stir in the tomatoes, stock and mushrooms. Bring to the boil, then reduce the heat and simmer for 10 minutes.

Add the mixed beans and cook for a further 3–4 minutes, until the beans are heated through.

**Mustard Mash:** Place the potatoes into a saucepan and cover with water.

Place the pan over a medium-high heat and bring to the boil. Reduce the temperature and leave to simmer for 15–20 minutes, until the potatoes are tender.

Drain the water off the potatoes. Mix the olive oil and mustard with the potatoes and then mash.

**Serving suggestion:** Serve the goulash and mustard mash with green vegetables such as wilted spinach, green beans or broccoli.

## Top tip:

Add a spoonful of low-fat natural yoghurt to the goulash before serving. This is lower calorie than the traditional soured cream but just as delicious.





# Chana Dal

## Ingredients (serves 2):

- 120g chana dal
- 400ml water
- 1 shallot, finely diced
- 1 medium carrot, peeled and diced
- 1 medium leek, trimmed and finely sliced
- ½ teaspoon turmeric
- ½ teaspoon dried coriander
- ½ teaspoon cumin
- ¼ teaspoon curry powder (optional)
- 1 clove garlic, crushed
- 2cm root ginger, peeled and grated
- 1 teaspoon vegetable oil
- ¼ teaspoon mustard seeds
- Freshly ground black pepper
- ¼ teaspoon salt
- Lemon juice (optional, to taste)

## Method:

Pour the chana dal (usually found in the World Food section in supermarkets and sometimes called yellow split gram) into a sieve and rinse under cold running water. Then transfer into a saucepan and add the water. Place the pan over a high heat and bring to the boil. Skim off any foam that forms.

Reduce the heat. Add the shallot, carrot, leek, turmeric, coriander, cumin, curry powder (optional), garlic and ginger, and mix thoroughly. Place the lid slightly ajar over the pan, and leave to gently simmer for 60–75 minutes, stirring occasionally, until the dal has broken down to a creamy consistency. Add more water if needed.

Warm the oil in a frying pan over a medium-high heat. Add the mustard seeds and cook for 1–2 minutes, until the seeds begin to pop. Pour the mustard seeds and oil over the dal and stir through. Season with black pepper, salt and lemon juice (optional), and then serve.

**Serving suggestion:** Serve with steamed brown basmati rice or wholemeal flatbreads.

## Top tip:

Instead of chana dal, try lentils, yellow split peas or mung beans in this recipe. Stir a large handful of spinach or halved cherry tomatoes through the dal before serving to help you towards your 5 A DAY portions of vegetables and fruit.





# 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 is the leading UK charity dedicated to the prevention of cancer. Our mission is to champion the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity so that we can help people make informed lifestyle choices to protect themselves against cancer.

Currently, one in two people born in the UK after 1960 will develop cancer at some point in their lives, but around 40 per cent of cancer cases could be prevented. 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.

The cornerstone of our research programme is our Continuous Update Project (CUP). It's the world's largest source of scientific research on cancer prevention and survival through diet, weight and physical activity. A panel of world-renowned independent experts review the scientific research to develop Cancer Prevention Recommendations based on the best evidence. Find out more: [wcrf-uk.org/our-research](https://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](mailto:resources@wcrf.org) with your feedback.



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