



World  
Cancer  
Research  
Fund



LIGHT BITES

*Small meals, big on flavour*

Dear supporter,

Thank you for choosing World Cancer Research Fund's cookbook, Light Bites.

When you don't have a big appetite, it can be difficult to decide what you feel like eating, let alone whether it is healthy.

Light Bites brings you seven brand new recipes which are quick and easy to make, satisfying without being heavy, and contain at least two of your 5 A DAY portions of vegetables, fruit and pulses. Perfect for those occasions when you only want a small meal.

The recipes in this cookbook have been designed to follow World Cancer Research Fund's healthy eating recommendations (**see page 16**) and to show you how easy and delicious it can be for you to follow them too. The recipes are also low in salt, added sugar and saturated fat.

I hope you enjoy this cookbook. Please share it with your family and friends, and help us spread our important cancer prevention messages.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Marilyn Gentry', 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 or serving suggestions, the nutrition information will no longer be accurate.

# Pea and Celery Soup



## Ingredients (serves 4):

- 1 teaspoon olive oil
- 1 onion, diced
- 1 large potato, peeled and diced
- 4 sticks celery, trimmed and sliced
- 700ml reduced-salt vegetable stock (made from 1 stock cube)
- 480g frozen petits pois
- 2 cloves garlic, finely diced
- 1 red chilli, deseeded and finely sliced or 1/4-1/2 teaspoon crushed chillies (optional)
- Small handful fresh mint, leaves only (optional)
- Freshly ground black pepper, to taste

## Method:

Heat the oil in a large pan over a medium heat. Add the onion, potato and celery, and cook for about 3 minutes, stirring regularly, until the onion has softened. Add a splash of stock if needed to prevent burning.

Add the petits pois, garlic and chilli, and stir before adding the stock.

Bring to the boil, then turn down the heat, cover and simmer for 10 minutes, or until the vegetables are cooked.

Stir through most of the mint, saving a few leaves to garnish.

Blend the soup in a food processor or using a handheld blender. Add extra water if needed to give the consistency you prefer.

Return the soup to the pan to reheat if necessary. Season with pepper and garnish with the remaining mint before serving.

## Serving suggestions:

Delicious on its own or with a slice of wholegrain bread.





# Black Bean Falafel

## Ingredients (serves 4):

1 tablespoon rapeseed oil  
4 wholemeal pita breads, warmed  
160g little gem lettuce, washed and shredded  
2 medium tomatoes, diced  
10cm cucumber, diced  
4 teaspoons tahini

### For the falafel:

2 x 400g can black beans, drained and rinsed  
½ onion, diced  
Large handful fresh coriander  
1–2 cloves garlic  
1 teaspoon cumin  
½–1 teaspoon chilli powder (optional)  
½ lime, juice only  
Freshly ground black pepper, to taste

## Method:

Pour the beans onto a clean kitchen towel and pat to dry.

In a food processor, add the dried beans and the remaining falafel ingredients, and blend. Roll the mixture into 12 equal sized balls. If the mixture is too sticky, you may want to add a small amount of plain flour.

Heat the oil in a large frying pan over a high heat. Once hot, add the falafel balls and cook, turning frequently, until brown on all sides.

Remove from the pan and place on a cooling rack; excess oil may drip from the falafel, so you might want to put some paper towel under the rack.

Fill the warmed pita breads with lettuce, tomatoes and cucumber; taking care when opening the pita as they can release steam. Add 3 falafel to each pita bread, and drizzle over with tahini and a squeeze of lime juice, then serve.

## Top tip:

Instead of black beans, you can try chickpeas or other canned beans. If you make more than you need, after frying the falafel, they can be refrigerated for 2 days or frozen. When needed, preheat the oven to 200°C/Fan 180°C and cook for 12–15 minutes (about 25 minutes from frozen).

Per serving



Per falafel







# Baked Eggs



## Ingredients (serves 2):

Spray oil

½ red onion, finely sliced

½ yellow or orange pepper, deseeded and sliced

80g mushrooms, brushed to remove any dirt and sliced

1 clove garlic, finely diced

1 teaspoon smoked paprika

1 x 400g can chopped tomatoes

80g baby spinach

4 medium eggs

Freshly ground black pepper, to taste

## Method:

Preheat the oven to 200°C/Fan 180°C.

Coat a non-stick saucepan in spray oil and warm over a medium heat. Add the onion and stir for 2 minutes. Then add the peppers and mushrooms, and cook for 4–5 minutes, until soft.

Add the garlic and sprinkle over the smoked paprika, then stir. Pour over the chopped tomatoes and mix thoroughly.

Reduce the heat and simmer for about 8 minutes, stirring occasionally. Then stir through the spinach and cook for a further 2 minutes, until the mixture has thickened and the spinach has wilted.

Transfer into an ovenproof dish (or two smaller dishes) and using a spoon, make four shallow wells. Break one egg into each of the wells. Season with black pepper and cook in the oven for 10–12 minutes, until the eggs are set but the yolks are still runny.

## Top tip:

For a more filling meal, add a can of chickpeas or beans (drained) with the chopped tomatoes.





# Singapore-Style Noodles with Chicken



## Ingredients (serves 2):

90g dried rice vermicelli noodles,  
ideally wholegrain

1 tablespoon rapeseed oil

1 large skinless chicken breast,  
diced

1 tablespoon curry powder

4 spring onions, trimmed and finely  
sliced

1 red chilli, deseeded and finely  
sliced

1 clove garlic, finely diced

2cm root ginger, peeled and grated

80g mangetout

4 baby sweetcorn, halved  
lengthways

½ red pepper, deseeded and sliced

1 medium carrot, cut into ribbons  
with a vegetable peeler

80g bean sprouts

1 tablespoon reduced-salt soy  
sauce

## Method:

Place the noodles in a large heatproof bowl and cover with boiling water. Soak for 3 minutes. Drain, rinse under cold water and set aside until needed.

Warm the oil in a wok or large, non-stick frying pan over a high heat. Add the chicken and cook for about 3 minutes, turning until cooked on all sides – if needed, add a tablespoon of water to help prevent sticking. Sprinkle over half of the curry powder and stir.

Add the spring onions, chilli, garlic and ginger, and stir for 1 minute. Then add all the vegetables and cook for 2–3 minutes, stirring frequently.

Sprinkle over the remaining curry powder and the soy sauce. Then add the noodles and mix thoroughly. Allow to cook for a further 1–2 minutes, checking that the largest pieces of chicken are cooked through. Serve immediately.

## Top tip:

Why not use up leftover cooked chicken in this recipe? Add to the heated pan and sprinkle with the curry powder straight away – there is no need to cook for 3 minutes as with raw chicken. Alternatively, for a vegetarian option, swap the chicken for canned beans (drained) or tofu.





# Peri-Peri Turkey and Veg Kebabs



## Ingredients (serves 2):

240g turkey breast, diced

1 red pepper, deseeded and cut into 2cm pieces

12 cherry tomatoes

160g mixed salad leaves

### For the peri-peri marinade:

1–2 red chillies, trimmed (deseeded for a milder taste)

1 clove garlic, peeled

½ lemon, juice only

1 teaspoon smoked paprika

1 tablespoon rapeseed oil

## Method:

Place all the peri-peri ingredients in a food processor and blend into a smooth marinade.

Put the turkey in a bowl and add the peri-peri marinade. Using your hands, mix, coating all sides of the turkey in the marinade – be sure to wash your hands thoroughly before and afterwards. Cover and refrigerate for 1–2 hours for a stronger flavour.

Alternating between turkey, pepper and cherry tomatoes, assemble the kebabs on skewers.

Turn the grill on to high.

Transfer the kebabs onto a foil-lined baking tray and cook under the grill for 15–20 minutes, turning occasionally, until the turkey is cooked through.

Serve on a bed of salad leaves.

## Top tip:

If you make more than you need, refrigerate the extra kebabs and have cold the next day.





# Sardine and Roasted Cauliflower Salad



## Ingredients (serves 2):

- Spray oil
- 200g cauliflower, chopped into bite-sized florets
- 1 yellow pepper, deseeded and chopped into 12 chunks
- Small handful fresh dill, chopped
- 1 clove garlic, finely diced
- 1 lime, zest and juice
- Freshly ground black pepper, to taste
- 4 sardines, gutted and cleaned
- 100g mixed salad leaves

## Method:

Preheat the oven to 220°C/Fan 200°C.

Coat a roasting tin in spray oil. Place the cauliflower and pepper in the tin and roast in the oven for 25 minutes.

Meanwhile, mix together the dill, garlic, and lime zest and juice to form the dressing. Season with black pepper and set aside until needed.

Place the sardines on a baking tray, season with black pepper and cook under a hot grill for 2 minutes on each side.

Divide the salad leaves between 2 plates and add the roasted vegetables. Top with sardines and drizzle over the dressing before serving.

## Top tip:

For a more filling meal, roast some new potatoes or cubed sweet potato with the cauliflower and pepper.





# Baked Cod with Tomato Salsa



## Ingredients (serves 2):

2 fillets cod (about 120g each)

Freshly ground black pepper, to taste

160g fine green beans, trimmed and steamed

200g new potatoes, steamed

### For the salsa:

10 cherry tomatoes, finely diced

1 green or red chilli, finely diced (deseeded for a milder taste)

1 clove garlic, finely diced

Handful coriander, finely chopped

## Method:

Preheat the oven to 180°C/Fan 160°C.

Season the cod fillets with black pepper and loosely wrap in foil. Place the foil parcel on a baking tray and bake for 10–12 minutes.

Meanwhile, mix the salsa ingredients together in a bowl.

Place the baked cod on two serving plates and top with salsa. Serve with the steamed fine beans and new potatoes.

## Top tips:

Refrigerate any leftover salsa – it will keep for 2 days, and also tastes delicious with chicken or as a healthy dip.

The salsa can also be cooked for this dish. Simply make the salsa and spoon over the raw cod before sealing in a foil parcel and baking for 15 minutes.





# 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](http://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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