



World
Cancer
Research
Fund



BRITISH FAVOURITES

Recipes with a healthier twist

Dear supporter,

Thank you for choosing World Cancer Research Fund's cookbook, British Favourites.

Whether they're classic British dishes or dishes inspired by cuisines from further afield, the thing our favourite dishes all have in common and the thing that has made them so popular in Britain is that they are all delicious. Delicious, but sadly not always the healthiest!

Our British Favourites cookbook brings you seven brand-new recipes, which are inspired by the nation's most popular dishes but have been tweaked to make them healthier, so you can enjoy them more regularly.

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

Our cookbooks and health information publications aim to support you in making healthier lifestyle choices to help you live a healthy, cancer-free life.

We hope you enjoy the recipes in this cookbook. Please share them with your family and friends, and help spread our cancer prevention messages.

Yours faithfully,

A handwritten signature in black ink, reading "Marilyn Gentry". The signature is fluid and cursive, with a large, stylized initial 'M'.

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.

Fry-less fry-up



Ingredients (serves 4):

- 250g pork mince, 5% fat
- 4 medium eggs, beaten
- ½ teaspoon each of garlic granules, dried thyme and dried sage
- Freshly ground black pepper, to taste
- Light cooking oil spray
- 200g button mushrooms, halved
- 4 medium-sized tomatoes, halved
- 1 tablespoon skimmed milk
- 200g baby spinach, washed
- 8 thin slices wholemeal bread, toasted
- 1 tablespoon extra-virgin olive oil



Method:

In a large bowl, mix together the mince with 2 teaspoons of the egg, half of the garlic and herbs, and black pepper – the easiest way is by hand. Alternatively, you could use the paddle attachment in a food processor.

Divide the mixture into four equal-sized balls then shape into patties about 2–3cm thick. Coat a foil-lined baking tray with cooking spray. Add the pork patties.

On a second baking tray, add the mushrooms and the tomatoes. Place the tomatoes skin-side-down and sprinkle with the remaining garlic and herbs. Place both baking trays under a medium grill for 4–5 minutes, until the patties are browned on one side.

Turn the patties and stir the mushrooms, then return both baking trays to the grill for a further 4 minutes, until the patties are cooked through – no pink meat should remain.

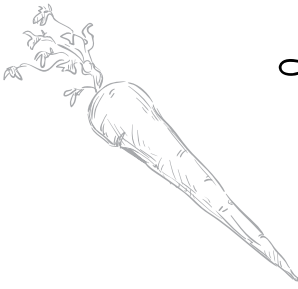
Meanwhile, pour the eggs and the milk into a non-stick saucepan. Season with black pepper, mix and place over a medium heat. Stir regularly until the scrambled eggs are the desired consistency. Remove from the heat and cover until needed.

Boil a full kettle of water. Put the spinach in a metal colander or sieve and slowly pour over the boiling water to cook. Using the back of a spoon, squeeze out any excess water. Cover until needed. Lightly toast the bread and drizzle with olive oil. Plate up and serve.

Nutrition information (per serving)







Lentil shepherd's pie



Ingredients (serves 4):

For the mash:

2 medium-sized potatoes, suitable for mashing, peeled and cubed

2 tablespoons skimmed milk

30g reduced-fat mature Cheddar cheese, grated

For the lentil base:

Light cooking oil spray

1 onion, diced

1 clove garlic, finely diced

1 stick celery, trimmed and sliced

2 carrots, peeled and diced

½ small swede, peeled and diced

200g chestnut mushrooms, sliced

2 x 390g can green lentils, in water

1 tablespoon Worcestershire sauce

½ teaspoon each of dried oregano, rosemary and thyme

½ – 1 teaspoon ground cinnamon

400ml reduced-salt vegetable stock

1 tablespoon tomato purée

Method:

Preheat the oven to 200°C/Fan 180°C.

Put the potatoes into a large saucepan and cover with cold water. Place over a high heat until the water starts to boil. Then reduce the heat and simmer for around 15 minutes until the potatoes are cooked through – to check, pierce the centre with a sharp knife.

Carefully drain off the water and add the milk and most of the cheese. Mash until a smooth consistency.

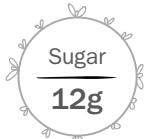
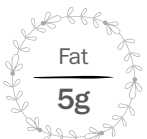
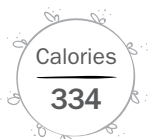
While the potatoes cook, coat another large saucepan in cooking spray and warm over a medium-high heat. Add the onion, garlic, celery, carrots, swede and mushrooms, and cook for 5–6 minutes, stirring regularly, until the vegetables start to soften. Add a splash of stock if needed to prevent burning.

Drain the lentils and add with the Worcestershire sauce, herbs and cinnamon, and mix thoroughly. Carefully pour in the stock, stir in the tomato purée and bring to the boil. Reduce the temperature, cover and simmer for about 20 minutes, until the vegetables are tender.

Transfer the lentil mixture into an ovenproof dish. Spoon the mash evenly over the top, making sure all of the lentils are covered. Sprinkle over the remaining cheese. Bake in the oven for about 20 minutes, or until the top is golden and the lentil mixture is bubbling.

Serve with a portion of steamed green vegetables.

Nutrition information (per serving)





Fish 'n' chips with mushy peas



Ingredients (serves 2):

Light cooking oil spray
.....
2 potatoes, suitable for roasting,
cut into chips
.....
Freshly ground black pepper, to taste
.....
1 tablespoon wholemeal flour,
sieved
.....
½ teaspoon smoked paprika
(optional)
.....
2 thick fillets of skinless white fish,
like cod, haddock, pollock or pouting
(about 120g per fillet)
.....
1 medium egg, beaten
.....
40g panko breadcrumbs
.....
160g frozen petits pois
.....
2 teaspoons olive oil
.....
Small handful fresh mint, leaves
only, finely chopped (optional)
.....

Method:

Preheat the oven to 210°C/Fan 190°C.

Lightly coat a baking tray with cooking spray. Evenly spread out the potato chips on the tray and coat with more cooking spray – spraying from a height will ensure all sides receive a fine coating. Season with black pepper and place on the lower shelf of the oven to bake for about 30–35 minutes until the chips are golden brown and crispy on the edges.

Meanwhile, season the flour with paprika and black pepper, then dip each fish fillet into the seasoned flour to finely coat all over. Then dip in the egg, allowing any excess to drip off the fish, and finally coat in the panko breadcrumbs. Place the fish on a baking tray lined with baking paper and put on the top shelf of the oven to bake for about 20 minutes, until cooked through.

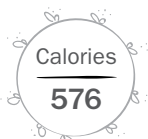
To make the mushy peas, cook the petits pois in the microwave for 3 minutes or in a pan of boiling water for about 7 minutes. Drain, add the olive oil and mint, and mash. For a smoother finish, blend using a handheld blender.

Serving suggestions:

Serve immediately with a sprinkle of malt vinegar or a squeeze of lemon.



Nutrition information (per serving)





Lighter lasagne with aubergine pasta



Ingredients (serves 6):

1 aubergine (about 350g), trimmed,
then cut lengthways into ½cm slices

Light cooking oil spray

1 onion, diced

1 stick celery, finely sliced

1–2 cloves garlic, finely diced

2 medium carrots, finely diced

250g beef mince, 5% fat

250g turkey mince, 2% fat

¼ teaspoon smoked paprika
(optional)

1 reduced-salt beef stock cube,
crumbled

1 x 400g can chopped tomatoes

1 tablespoon tomato purée

½ teaspoon dried oregano

Small handful fresh basil leaves

For the béchamel sauce:

270ml skimmed milk

1 tablespoon cornflour, mixed into
a smooth paste with 2 tablespoons
skimmed milk

80g half-fat mature Cheddar cheese,
grated

¼ teaspoon freshly ground nutmeg

Method:

Cook the aubergine in a microwave for 3–4 minutes, depending on how powerful your microwave is. Alternatively, preheat the grill to high, place the aubergine on baking trays under the grill and cook for 3–4 minutes on each side.

This may need to be done in batches. Set aside until needed.

Coat a large non-stick saucepan in cooking spray and warm over a medium heat. Add the onion and celery, and cook for 2 minutes. Then add the garlic, carrot and both types of mince, and cook for 4–5 minutes, stirring regularly to break up the mince, until the mince is browned.

Sprinkle over the paprika and the crumbled stock cube. Then add the chopped tomatoes and tomato purée, and mix thoroughly. Bring to the boil, then reduce the temperature and simmer for about 30 minutes, or until thickened. Once cooked, remove from the heat and stir through the herbs.

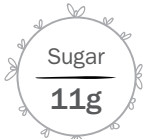
Meanwhile, to make the béchamel sauce, pour the milk into a saucepan and heat until almost boiling. Add the cornflour and milk paste and stir continuously until the milk thickens into a sauce. Remove from the heat and stir in 20g of the cheese and the nutmeg.

Preheat the oven to 200°C/Fan 180°C. To assemble the lasagne, spoon some of the mince mixture into an ovenproof dish, then add a layer of aubergine slices and cover with a layer of béchamel sauce. Repeat until you've used up all of the mince – ending with a layer of béchamel sauce.

Sprinkle over the rest of the cheese, to evenly cover the top. Bake in the oven for about 25 minutes, until golden brown.

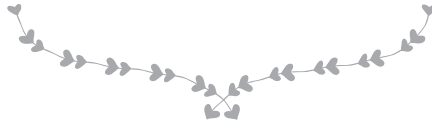


Nutrition information (per serving)





Chicken tikka masala



Ingredients (serves 4):

500g skinless chicken breast, diced
2 teaspoons rapeseed oil
1 onion, finely sliced
2 peppers, 1 green and 1 red, deseeded and cut into chunks
1 red chilli, deseeded and finely diced
4 cardamom pods
1 x 400g can chopped tomatoes

For the marinade:

2 cloves garlic, peeled
2cm root ginger, peeled
1 tablespoon ground turmeric
1 teaspoon each of garam masala, ground coriander, ground cumin and paprika
½ teaspoon ground cinnamon
150g fat-free Greek-style yoghurt
1 tablespoon lime juice

Method:

Put the marinade ingredients into a food processor and blend to form a paste.

Put the diced chicken and marinade into a dish and stir to coat evenly. For the best flavour, cover and refrigerate for at least 2 hours.

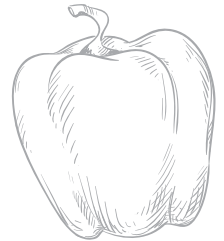
Warm the oil in a large saucepan over a medium heat. Add the onion, peppers, chilli and cardamom, and cook for about 3 minutes, stirring regularly.

Add the chicken, marinade and tomatoes, stir and bring to the boil. Reduce the temperature and simmer for about 25 minutes, until the chicken is cooked through and the sauce has thickened.

Remove from the heat and serve.

Serving suggestion:

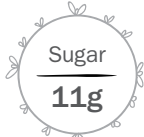
Serve with brown basmati rice.



Top tip:

For extra veg, stir through 2 large handfuls of washed spinach before removing from the heat.

Nutrition information (per serving)





Chicken pie with filo pastry



Ingredients (serves 4):

2 leeks, trimmed and finely sliced

1–2 cloves garlic, finely diced

2 carrots, peeled and diced

200g chestnut mushrooms, quartered

500g skinless chicken breast, diced

1 teaspoon dried tarragon

400ml reduced-salt chicken stock

200ml water

Freshly ground black pepper, to taste

1 tablespoon cornflour, mixed with 2 tablespoons cold water to form a smooth paste

1 teaspoon Dijon mustard (optional)

2 tablespoons fat-free Greek-style yoghurt

4 sheets filo pastry, cut into quarters

Light cooking oil spray

Method:

Preheat the oven to 190°C/Fan 170°C.

Put the leeks, garlic, carrots, mushrooms, chicken, tarragon, stock, water and black pepper into a large saucepan and cook over a medium heat for about 15 minutes, stirring regularly.

Mix in the cornflour paste and cook for a further 4–5 minutes until the sauce has thickened and the chicken pieces have cooked through.

Remove from the heat. Stir through the mustard and yoghurt, and transfer into an ovenproof dish.

Gently scrunch one quarter of a filo sheet and lightly place on top of the chicken mixture, repeat until the top of the pie is covered.

Lightly spray the filo pastry with cooking spray. Bake in the oven for 20 minutes, until the filo pastry is crisp and golden on the edges.

Serving suggestions:

Serve with salad or steamed greens. For a bigger meal, add some steamed new potatoes.



Nutrition information (per serving)

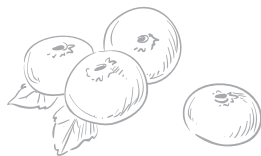




Crowned turkey roast with all the trimmings

Ingredients (serves 4):

1.5kg turkey crown
2 oranges
2 cloves garlic, finely diced
2 bay leaves
Large handful fresh thyme
2 teaspoons olive oil
4 carrots, quartered lengthways and halved
2 large parsnips, quartered lengthways and halved
200g cauliflower florets
200g Brussels sprouts, trimmed
400g new potatoes
Freshly ground black pepper, to taste
Light cooking oil spray
100g cranberries, fresh or frozen, defrosted
1 reduced-salt chicken stock cube
1 tablespoon cornflour, mixed with 2 tablespoons cold water to form a smooth paste



Method:

Preheat the oven to 200°C/Fan 180°C.

Zest one of the oranges and cut 4–6 thin slices from the other, and juice the remainder. Loosen the turkey skin and place under it the slices of orange, the garlic, bay leaves and some of the thyme.

Transfer the turkey into a roasting tin. Add 100ml of water to tin and place in the oven to roast for 1 hour and 30 minutes. Cover with foil after about 45 minutes.

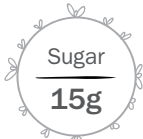
Meanwhile, pour the oil into a second roasting tin and warm in the oven for 2–3 minutes. Add the vegetables (excluding potatoes) and toss gently to coat with oil. Coat the new potatoes with cooking spray – about 2 sprays per potato and use your hands to coat completely – and add to the roasting tin with the other vegetables. Sprinkle over the remaining thyme and most of the orange zest. Season with black pepper and roast for 45 minutes (after the turkey has cooked for about 1 hour). Stir after 25 minutes.

Remove the turkey from the oven and check it's cooked through by spiking the thickest part of meat and ensuring the juices run clear. Return to the oven for a further 10 minutes if needed and check again. Once cooked, transfer onto a carving board, re-cover with foil and allow to rest for at least 10 minutes.

See next page for instruction on how to make the cranberry sauce and gravy.

Remove the turkey skin, herbs and garlic – the orange slices can be served – and carve the turkey. Plate up the turkey, vegetables, cranberry sauce and gravy, and serve.

Nutrition information (per serving)



Gravy

Carefully pour the turkey cooking juices into a saucepan. Allow to settle and spoon as much of the fat layer off the top as possible. Add 300ml of cold water – or more if more gravy is needed. Warm over a medium heat. Crumble in the stock cube and bring to the boil. Reduce the heat to a simmer and stir in the cornflour paste. Simmer until the gravy has thickened.

Cranberry sauce

Put the cranberries, orange juice and remaining zest into a small saucepan and warm over a medium-high heat until the juice starts to boil. Reduce the heat to a simmer and mash the cranberries. Once the cranberries have cooked down, remove from the heat and allow to cool.



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

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.



For any enquiries or to request the information in large print, please contact us.

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