

# Eating Well with Cancer



# Broccoli Mornay



Serves 5

Medium Difficulty

## Ingredients:

2 Medium onions, chopped  
450g Broccoli, cut into florets  
200g Cauliflower, cut into florets

## For the white sauce

30g Butter  
350ml Milk  
40g Flour  
140g Cheese  
0.5 tsp Cayenne Pepper  
0.5 tsp Mustard Powder

Use frozen broccoli and cauliflower to make this recipe easier!



Prep: 15 mins

Cook: 1 hour

## Method:

1. Preheat the oven to 200°/ 180° fan/ gas mark 6.
2. Add the broccoli and cauliflower to a pan of boiling water and cook until tender, then drain.
3. Meanwhile, heat the onions in a pan with a small amount of butter and cook until soft.
4. Place the onions, broccoli and cauliflower into an ovenproof dish.
5. Make the white sauce by heating the butter with 300ml of milk in a pan. In a small bowl mix the rest of the milk with the flour to make a paste. Add the paste to the pan, stirring constantly. Stir in the mustard powder, cayenne pepper, salt and pepper and cheese.
6. Pour the sauce over the broccoli. Sprinkle remaining grated cheese over the top and cook in the oven for 20 minutes or until the top has browned.

Energy Kcal  
266

Protein  
16g

Carbohydrates  
20g

Fat  
12g  
Saturated Fat  
7.3g

Fibre  
6g

Salt  
0.72g

Sugar  
9g

Adapted from: Macmillan Cancer support

# Shepherd's Pie



Serves 4

Easy

## Ingredients:

- 1 tbsp sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 500g pack of lamb mince
- 2 tbsp tomato puree
- Large splash Worcestershire sauce
- 500ml beef stock
- 500g sweet potatoes, cut into chunks
- 400g potatoes, cut into chunks
- 45g butter
- 3 tbsp milk

Freeze any left-overs for an easy meal another time!



Prep: 15 mins

Cook: 1 hour

## Method:

1. Heat the sunflower oil in a medium saucepan, then soften the onion and carrots for a few mins.
2. When soft, turn the heat up and add the lamb mince. Cook this till brown.
3. Add the tomato puree and worcestershire sauce, then fry for a few mins.
4. Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.
5. Meanwhile, heat the oven to 180°C/ fan 160°/ gas 4, then make the mash. Boil the potatoes in salted water for 10-15 mins until tender. Drain, then mash with the butter and milk.
6. Put the mince into an ovenproof dish, top with the mash.
7. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through the edges.



Energy Kcal  
406

Protein  
23g

Carbohydrates  
42g

Fat  
15g  
Saturated Fat  
7.1g

Fibre  
6.3g

Salt  
0.73g

Sugar  
19g

High energy!

Adapted from: BBC Goodfood

# Smoky bacon noodles

Serves 1

Easy

## Ingredients:

- 1 rasher smoked bacon, chopped
- 2 spring onions, white and green separated and finely sliced
- 50g frozen peas
- 0.25 tsp paprika
- 2 tsp cornflour
- 200ml vegetable stock
- 150g block dried noodles, cooked
- 1 tsp worcestershire sauce



Prep: 2 mins

Cook: 5 mins

## Method:

1. In a small non-stick pan, fry the bacon for a few mins
2. Add the white parts of the spring onions, peas and paprika then cook for 1 more minute.
3. Mix the cornflour with a little of the stock to get a paste, then stir this into the pan with the rest of the stock.
4. Add the noodles and the worcestershire sauce.
5. Simmer for a couple of mins until thick and saucy, then scatter with the green parts of the spring onion.



Energy Kcal  
523

Protein  
19g

Carbohydrates  
90g

Fat  
8.1g  
Saturated Fat  
2.5g

Fibre  
8.6g

Salt  
1.8g

Sugar  
4.6g

High energy!

Adapted from: BBC Goodfood

# Banana Pudding

Serves 4-6

Easy



## Ingredients:

80g Butter  
2 ripe bananas  
80g Light muscovado sugar  
80g Self-raising flour  
2 tsp ground cinnamon  
2 eggs  
2 tbsp milk (skimmed)

## Serving suggestion

Icing sugar  
Toffee sauce  
Ice-cream



Prep: 10 mins

Cook: 10 mins

## Method:

1. Put the butter in a 1-litre baking dish. Microwave on high for 30-60 seconds until melted.
2. Mash 1.5 of the bananas into the melted butter, then add the sugar, flour cinnamon, eggs and milk. Mix together well.
3. Slice the remaining banana over the top, then put it back in the microwave and cook on high for 8 minutes until cooked through and risen.
4. Serve warm with icing sugar, a drizzle of toffee sauce or a scoop of ice-cream.



Tip: You can use over-ripe bananas in this recipe. The browner and softer they are, the stronger the flavour will be once baked.

Energy Kcal  
258

Protein  
4.3g

Carbohydrates  
30g

Fat  
13g  
Saturated Fat  
7.5g

Fibre  
1.4g

Salt  
0.2g

Sugar  
19g

Adapted from: Macmillan

# Smoothie Ice-lollies

Serves 6

Easy



## Ingredients:

- 100g strawberries
- 1 medium banana
- 150ml milk
- 150g greek yoghurt

## Resources needed:

- Blender
- Ice lolly moulds



Prep: 10 mins

Freeze: 8-10 hours

## Method:

1. Blend all of the ingredients together in a blender.
2. Pour into the ice lolly moulds and freeze overnight.
3. Or keep it cool in the fridge and drink as a smoothie.



Energy Kcal  
64

Protein  
3.2g

Carbohydrates  
6.4g

Fat  
2.5g  
Saturated Fat  
1.6g

Fibre  
0.9g

Salt  
0.06g

Sugar  
6g

# Resource List

Here are some resources that offer nutritious recipes, cooking support and nutritional information which may help to make meal times a little bit easier.

## Cook Books

### **Cancer cook book - Royal Marsden**

Offers recipes and tips around eating with cancer.

### **Life kitchen - Ryan Riley**

Recipes to revive the flavour and enjoyment of food.

### **Tin Can Cook - Jack Monroe**

Guidance for cooking nutritious meals on a budget, using only food from tins!

## Online resources

### **Macmillan Website**

Offers guidance on eating with treatment side effects and supporting recipes.

### **World Cancer Research Fund**

The healthy eating tab on the world cancer organisation website provides healthy recipe ideas and their own themed cookbook resources.

### **British Dietetic Association**

Offers information about nutrition and cancer

# EATING WITH CANCER

KNOWING WHAT TO EAT AND COOK CAN BE DIFFICULT, USE THESE RESOURCES TO SUPPORT YOUR JOURNEY.

## RECOMMENDED COOKBOOKS

### CANCER COOKBOOK- ROYAL MARSDEN

OFFERING TIPS ON EATING  
WITH CANCER



### LIFE KITCHEN - RYAN RILEY

OFFERING RECIPES TO REVIVE  
FLAVOUR AND APPETITE

### TIN CAN COOK- JACK MONROE



GREAT FOR COOKING  
ON A BUDGET

### RECIPE CARDS-

ASK YOUR CENTRE MANAGER FOR  
COPIES OF OUR RECIPE CARDS AND  
LINKS TO OUR COOKING VIDEOS



## ONLINE RESOURCES

### MACMILLAN CANCER SUPPORT

OFFERING RECIPES AND GUIDANCE ON EATING WITH TREATMENT SIDE EFFECTS

### WORLD CANCER RESEARCH FUND

HEALTHY RECIPE IDEAS

### BDA- BRITISH DIETETIC ASSOCIATION

EDUCATIONAL RESOURCES ON NUTRITION

