

Contents

About Full 3

Find out more about our supper club

Be the host with the most 4

Top tips for hosting your Full supper club

How to collect your donations 5

Supporting Breast Cancer UK with a Full supper club is simple

Things to make your own 6

Personalise your own invitation and menu to send to your guests

The Great Dinner Debate 8

Conversation starters

The Great Dinner Quiz 10

A quiz to share

Seasonal Calendar 12

Discover what's in season

Recipes 14

Snacks 15

Starters 36

Main courses 57

Desserts 84

Drinks 98

Take a look at our delicious recipes, developed by our nutritionists and taste-tested by us! We have also partnered with some fabulous chefs and mixologists, whose recipes are in this section.

About our chefs and mixologists 110



**breast
cancer
uk.**

Wholesome, home-cooked meals

In return, you will receive a specially curated fundraising pack which includes wholesome yet indulgent meal ideas and a dinner party game that will be sure to get the conversations flowing.

balanced diet and lowering our alcohol intake. We know it can be challenging to break unhealthy eating habits. Hosting your Full supper club is a great opportunity to bring people together over amazing food and can be a positive step for you and your loved ones to make more mindful food and drink choices.

We will also include special educational resources to help keep your pantry both healthy and sustainable such as our seasonal ingredients calendar and recipes to keep the mocktails flowing.



**breast
cancer
uk.**

Individual Full tickets will be priced at £29.99 per guest, to be collected by the host.

Be the host with the most

Here are some of our top tips for hosting your Full supper club...

1. Send your invites early

We all know it can be tricky sometimes to find a date when everyone is free. By sending your invites out early you can avoid clashing plans. You can download the invitation card in this pack and send it out!

2. Check dietary requirements

Our delicious and nutritious recipes included in this pack are proven crowd pleasers, but before deciding on what to serve up, make sure to check with guests for any allergies, intolerances and other dietary requirements.

3. Write a to-do list

Hosting a dinner party can seem like a big task, but by writing out a to do list and ticking off tasks as you go the planning process will run a lot smoother.

4. Partially or fully prepare your dishes ahead of time

This could include marinating meats, chopping vegetables, making sauces, or even baking desserts a day or two in advance. This will allow you to spend more time with your guests.

5. Share the cooking

To lighten the load, why not share the cooking amongst the group? If you have a keen baker in the mix, they could bring the dessert. Don't forget the mocktail mixologist for the evening.

6. Work out your budget

If you want to save some pennies on decorations, charity shops are a great place to find some unique treasures that won't break the bank. You can also print our menu template and name cards for place settings and use The Great Dinner Debate as part of your centrepiece.

7. Plan some activities

No dinner party is complete without some tabletop activities. Get your guests talking with The Great Dinner Debate or head over to our website to take our prevention quiz and see how your results stack up.

8. Recycle or reuse unwanted printouts

Your Full supper club is about looking after your mind, body and social connections – so let's do the same with the environment. Recycle any unwanted printouts or make a scrapbook to remember the evening including the menus, name cards and photos from the night.

9. Post your party pics

We'd love to see how your Full supper club went, if you're sharing pictures of your nutritious culinary masterpieces or snaps from the night be sure to tag @breastcanceruk.



**breast
cancer
uk.**

How to collect your donations

Online

The simplest way to collect donations, including the ticket price, is by setting up a Full Just Giving Fundraising page and following our advice below:

- **Go to our Full Just Giving page here:** www.justgiving.com/campaign/fullsupperclub and click the 'Start fundraising' orange button to create your page. If you need help to set up your page, please email us at: info@breastcanceruk.org.uk.
- **Personalise your Just Giving page** by adding your reason why you're hosting your Full supper club.
- **Share the page with your guests so they can pay for their tickets and any other donations.** If you wish you can also share the page with others who would like to donate.
- **Create a QR code that you can share easily.**
- **Kickstart donations.** Sometimes making a small donation yourself (£5) can get your fundraising going.
- **Thank everyone who donates to your page.**

In Person

- **Collection boxes**
Order one of our collection boxes if you're collecting donations and ticket money in cash on the evening of your Full supper club.
- **Paying in your fundraising**
Remember to pay in any cash donations you receive either via our website here or directly into our Co-operative bank account. Please include the word 'Full' followed by your name (or organisation name) as a reference:

Breast Cancer UK
Sort Code: 08-92-99 A/C no: 65458341



**breast
cancer
uk.**

I'm hosting a Full supper club... and I'd love for you to join me!

Please join me on

.....

at

.....



What is Full?

Full is a supper club that brings people together to nourish their mind, body and social connections, all in aid of Breast Cancer UK.

Breast Cancer UK is the only UK cancer charity that focuses on all aspects of breast cancer prevention. And, as diet is a key factor in prevention, I'm hosting a Full supper club.

Each ticket for the supper club will cost £29.99 and in return, you'll receive a nutritious (and delicious) 3-course meal, be making a donation to support Breast Cancer UK's vital work to prevent breast cancer and enjoy an evening that will leave you full.

I hope you can join me for an evening
of good food and good company,
all for a good cause.



**breast
cancer
uk.**

let's eat...

a good starter

a good main course

a good dessert

let's drink...

a good mocktail



**breast
cancer
uk.**

Want to know more?

Scan the QR code for more
information about Full



The Great Dinner Debate

page 8

Conversations about our health and wellbeing aren't always easy and knowing where to begin these discussions is hard.

Let's open the dialogue with these six questions, be as open and honest as you feel comfortable being and see where the conversation takes you.

Being full is about so much more than being fed, so let's feed our social connections.

Printing and cutting instructions: you will need to print this page (8) and the following page (9) as double sided so that the answers appear on the back of the question. You can then cut along the dotted lines to create your cards.

Cut these cards out and start the conversation ▼



1. What unhealthy habit would you like to kick?



2. When buying products like food or cosmetics, do you consider the ingredients in them?



3. How often do you check your breasts, and do you know what to look out for?



4. What's the longest period you have gone without drinking alcohol?



5. How many minutes of exercise do you honestly do per week and what sort do you do?



6. Who would you invite to your ultimate supper club?

- 2.** Many everyday products such as cosmetics and cleaning products contain harmful chemicals known as Endocrine Disrupting Chemicals (EDCs) which may increase your risk of breast cancer. To reduce your exposure, check the ingredients list on the products to see if they contain EDCs.

Download our guide to EDCs to help you choose safer alternatives:



- 1.** Consuming alcohol has been linked with an increased risk of breast cancer. Our diet can also impact our risk, choosing healthy sources of protein like fish or poultry and including plenty of fruits and vegetables can be beneficial.

Download our organic recipe book for health recipes:



- 4.** Alcohol is changed by our body into acetaldehyde, a compound which has been linked to cancer. This occurs primarily in the liver but also in breast tissue. So, the more alcohol you drink, the more your breast cancer risk increases. Drinking in moderation and having some alcohol-free days each week can reduce your risk.

Read our factsheet on alcohol and breast cancer for more information:



- 3.** We recommend you check your breasts at the same time every month, avoiding periods if you have them. Look out for anything that doesn't feel normal for you. A few symptoms to watch for are swelling, inflammation, dimples, rashes and lumps (as well as any changes in your nipple).

Watch our short video here and sign up for our breast check reminder service:



- 6.** You can include anyone past or present, please share with us on social media, tagging **@breastcanceruk**

- 5.** Being active can reduce your risk of breast cancer by around 20%. The NHS and World Health Organisation suggest at least 150 minutes of moderate exercise per week. This can include anything from taking the stairs rather than getting in a lift, a morning run or stretching for 3-4 minutes every hour.

Read our guide to being active on our website:



The Great Dinner Quiz

page 10

When it comes to prevention, it's important to know the facts.

Test your knowledge with this quick quiz...

Printing and cutting instructions: you will need to print this page (10) and the following page (11) as double sided so that the answers appear on the back of the question. You can then cut along the dotted lines to create your cards.

Cut these cards out and use them to test your knowledge ▼



1. True or false — breast cancer is the most common cancer in the UK



2. One woman in the UK is diagnosed with breast cancer every...

a) hour b) 25 mins c) 10 mins



3. What percentage of breast cancer cases are preventable?

a) 20% b) 30% c) 15%



4. What items can include potentially harmful chemicals that can increase your risk of getting breast cancer?

a) Cosmetics b) Household sprays
c) Plastics



5. On average, how many men in the UK are diagnosed with breast cancer every year?



6. True or false — underwire bras increase your risk of breast cancer

If any questions, big topics or thoughtful insights were provoked from these conversations we'd love to hear from you, please feel free to share them with us at info@breastcanceruk.org.uk.

Visit the Breast Cancer UK website for more information, tips or advice and for any medical concerns please seek help from your GP.



**breast
cancer
uk.**

Want to know more?

Scan the QR code for more information about Full



2. c) One woman in the UK is diagnosed every 10 mins

1. True, breast cancer is the most common cancer in the UK

4. All – Cosmetics, household sprays and plastics can include potentially harmful chemicals that can increase your risk of getting breast cancer

3. b) 30% of breast cancer cases are preventable

6. False, underwire bras DO NOT increase your risk of breast cancer

5. On average, 400 men in the UK are diagnosed with breast cancer every year

Seasonal Calendar

Discover what's in season when planning your Full supper club

What are Carotenoids and why do they matter?

Carotenoids are pigments naturally made by plants, algae and some bacteria. They can be found in fruits and vegetables giving them their bright colours (red, orange, and yellow). Carotenoids are beneficial antioxidants that can protect your health and support your immune system. Consuming lots of foods high in carotenoids (such as carrots, tomatoes, or dark leafy greens) can help decrease the risk of breast cancer.

January

FRUIT: Apples, Pears

VEGETABLES: Beetroot, Brussels Sprouts, Cabbage (Red, Savoy, White), Carrots, Cauliflower, Celeriac, Celery, Chicory, Horseradish, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Salsify, Shallots, Squash, Sweet Potato, Swedes, Turnips

February

FRUIT: Apples, Pears

VEGETABLES: Beetroot, Brussels Sprouts, Cabbage (Red, Savoy), Cauliflower, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Purple Sprouting Broccoli, Shallots, Squash, Sweet Potato, Swedes, Turnips

March

FRUIT: Forced Rhubarb

VEGETABLES: Cauliflower, Celeriac, Jerusalem Artichokes, Kale, Leeks, Parsnips, Purple Sprouting Broccoli, Sorrel, Spring Greens, Spring Onions, Sweet Potato

April

FRUIT: Rhubarb

VEGETABLES: Asparagus, Morel Mushrooms, New Potatoes, Purple Sprouting Broccoli, Radishes, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress

May

FRUIT: Apricots, Rhubarb, Strawberries

VEGETABLES: Asparagus, Aubergine, Cabbage (Sweetheart), Carrots, Globe Artichokes, Lettuce, New Potatoes, Pak Choi, Peas, Peppers, Radishes, Rocket, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress

June

FRUIT: Apricots, Blackcurrants, Blueberries, Cherries, Gooseberries, Raspberries, Redcurrants, Rhubarb, Strawberries

VEGETABLES: Asparagus, Aubergine, Broad Beans, Broccoli, Cabbage (Sweetheart), Carrots, Chillies, Courgettes, Cucumber, Fennel, Garlic, Globe Artichokes, Lettuce, Mangetout, New Potatoes, Pak Choi, Peas, Peppers, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Swiss Chard, Tomatoes, Turnips, Watercress

Key: text in orange: high in carotenoids
underlined: non-starchy

A diet high in fruit and vegetables (especially non-starchy vegetables and foods high in carotenoids) helps reduce breast cancer risk

Seasonal Calendar (cont.d)

July

FRUIT: Apricots, Bilberries, Blackberries, Blackcurrants, Blueberries, Cherries, Gooseberries, Greengages, Loganberries, Raspberries, Redcurrants, Strawberries, Tayberries

VEGETABLES: Asparagus, Aubergine, Beetroot, Broad Beans, Broccoli, Cabbage (Sweetheart, White), Carrots, Cavolo Nero, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Kohlrabi, Lettuce, Mangetout, New Potatoes, Onions, Pak Choi, Peas, Peppers, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Swiss Chard, Tomatoes, Turnips, Watercress

August

FRUIT: Apricots, Bilberries, Blackberries, Blackcurrants, Blueberries, Cherries, Damsons, Elderberries, Figs, Greengages, Loganberries, Plums, Raspberries, Redcurrants, Strawberries, Tayberries

VEGETABLES: Asparagus, Aubergine, Beetroot, Broad Beans, Broccoli, Cabbage (Sweetheart, White), Carrots, Cauliflower, Cavolo Nero, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Kohlrabi, Lettuce, Mangetout, Marrow, Mushrooms, Onions, Pak Choi, Peas, Peppers, Potatoes, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress

September

FRUIT: Apples, Bilberries, Blackberries, Damsons, Elderberries, Figs, Pears, Plums, Raspberries, Redcurrants, Strawberries

VEGETABLES: Aubergine, Beetroot, Broccoli, Butternut Squash, Cabbage (Sweetheart, White), Carrots, Cauliflower, Cavolo Nero, Celeriac, Celery, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Horseradish, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Mushrooms,

Onions, Pak Choi, Peas, Peppers, Potatoes, Pumpkin, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms

October

FRUIT: Apples, Blackberries, Cranberries, Elderberries, Figs, Medlar, Pears, Quince

VEGETABLES: Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage (Red, Savoy, Sweetheart, White), Carrots, Cauliflower, Cavolo Nero, Celeriac, Celery, Chicory, Chillies, Cucumber, Fennel, Garlic, Globe Artichokes, Horseradish, Jerusalem Artichoke, Kale, Kohlrabi, Leeks, Lettuce, Marrow, Mushrooms, Onions, Pak Choi, Parsnips, Peas, Potatoes, Pumpkin, Radicchio, Radishes, Rocket, Runner Beans, Salsify, Samphire, Shallots, Spinach, Summer Squash, Swedes, Sweetcorn, Sweet Potato, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash

November

FRUIT: Apples, Cranberries, Pears, Quince

VEGETABLES: Beetroot, Brussels Sprouts, Butternut Squash, Cabbage (Red, Savoy, White), Carrots, Cauliflower, Celeriac, Celery, Chicory, Horseradish, Jerusalem Artichoke, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Radicchio, Salsify, Shallots, Swedes, Sweet Potato, Swiss Chard, Turnips, Watercress, Wild Mushrooms, Winter Squash

December

FRUIT: Apples, Cranberries, Pears, Quince

VEGETABLES: Beetroot, Brussels Sprouts, Cabbage (Red, Savoy, White), Carrots, Cauliflower, Celeriac, Celery, Chicory, Horseradish, Jerusalem Artichoke, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Salsify, Shallots, Swedes, Sweet Potato, Turnips, Winter Squash

Key: text in orange: high in carotenoids
underlined: non-starchy

A diet high in fruit and vegetables (especially non-starchy vegetables and foods high in carotenoids) helps reduce breast cancer risk



**breast
cancer
uk.**



Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

a good snack



Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Chipotle and Lime Spiced Popcorn

a good snack

Chipotle and Lime Spiced Popcorn

Makes 4 portions
Preparation time: 15 mins
Season: All year round

Ingredients

- 1 ½ tbsp olive oil
- 80g (½ cup) popcorn kernels
- ½ tsp chipotle chilli powder or flakes
- ½ tsp smoked paprika
- ½ tsp onion powder
- Pinch of chilli flakes or cayenne pepper for extra heat (optional)
- Zest of 1 lime
- Juice of ½ lime
- Pinch of salt

This smoky and zesty popcorn is the perfect wholegrain snack. Popped fresh from kernels and tossed with chipotle, lime, and onion powder, it's a healthier, homemade take on a flavourful classic.

Preparation

1. In a large saucepan (where possible, avoid non-stick cookware), heat 1 tbsp olive oil over medium heat. Add a few popcorn kernels and cover. When they pop, add the remaining kernels in an even layer. Cover the pan with a lid, slightly ajar to let steam escape, and shake gently as it pops. Once the popping slows, remove from heat.
2. In a small bowl, combine the chipotle powder, smoked paprika, onion powder, chilli flakes (if using), lime zest, and a pinch of salt.
3. Transfer the popped corn to a large bowl. Drizzle with ½ tbsp olive oil and lime juice, then sprinkle over the spice blend. Toss well to coat evenly.
4. Enjoy straight away or leave to cool slightly.

Why this is good for you?

- Popcorn is rich in fibre and can help you reach your daily fibre goal of 30g a day. A diet high in fibre is associated with a decreased breast cancer risk.



The background of the entire image is a photograph of four mini muffins. They are golden-brown with visible green courgette pieces and white feta cheese on top. They are arranged on a white, slightly curved surface, possibly a plate or a stand. The lighting is soft, highlighting the texture of the muffins.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Courgette and Feta Mini Muffins

a good snack

Courgette and Feta Mini Muffins

Makes 12 mini muffins
Preparation time: 35 mins
Season: June to September
(Summer)

Ingredients

- 120g (medium-sized) courgette – coarsely grated
- 100g wholemeal self-raising flour
- 1 tsp baking powder
- ¼ tsp dried oregano or thyme (optional)
- Pinch of black pepper
- 1 large egg
- 60ml milk or plain yoghurt
- 2 tbsp olive oil
- 50g feta – crumbled

These savoury mini muffins are a delicious and nutrient-dense snack, perfect for summer when courgettes are in season. They're quick to make, and a tasty way to include more vegetables in your day.

Preparation

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Lightly oil a mini muffin tray with olive oil (where possible, avoid non-stick cookware).
3. Squeeze out excess moisture from the grated courgettes using your hands or place in a clean tea towel before squeezing.
4. In a large bowl, mix the flour, baking powder, herbs (if using), and black pepper.
5. In a separate bowl, whisk together the egg, milk (or yoghurt), and olive oil.
6. Add the wet ingredients to the dry and fold together until just combined. Then gently stir in the grated courgette and crumbled feta.
7. Divide the mixture evenly between the muffin moulds.
8. Bake in the middle of the oven for 15-18 minutes, or until golden and a skewer comes out clean.
9. Leave to cool for a few minutes before removing from the tray.

Why this is good for you?

- **Courgettes are non-starchy vegetables that are rich in carotenoids.** Eating non-starchy vegetables and carotenoid-rich vegetables may help to reduce the risk of breast cancer.
- **The wholemeal flour used in this recipe has a higher fibre content than all-purpose white flour.** A diet high in fibre is associated with a decreased risk of breast cancer.



A bowl of roasted chickpeas is the central focus, with several chickpeas scattered on the surface around it. A circular text overlay is positioned over the bowl. The word "full." is prominently displayed in the center of the circle.

full.

Crunchy Roasted Chickpeas

a good snack

Crunchy Roasted Chickpeas

Makes 4 portions
Preparation time: 45 mins
Season: All year round

Ingredients

- 700g chickpeas from a glass jar (where possible, avoid using canned products) – drained, rinsed well and patted dry
- 1 tbsp olive oil
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp cayenne pepper (optional)
- Pinch of salt and pepper

A simple snack that's high in fibre and protein, these chickpeas get beautifully crisp in the oven. You can also get creative with flavours; choose a spicy kick, smoky blend, or aromatic herbs.

Preparation

1. Preheat the oven to 200°C/180°C fan/gas mark 6. Lightly oil a baking tray (where possible, avoid non-stick cookware).
2. In a bowl, toss chickpeas with olive oil, cumin, paprika, garlic powder, cayenne (if using), and a pinch of salt and pepper.
3. Spread chickpeas in a single layer on the prepared tray, ensuring they're not overcrowded.
4. Roast in the oven for 20 minutes, then shake the tray or stir the chickpeas. Return to the oven for another 15–20 minutes, until golden and crisp.
5. Remove from oven and let them cool slightly (chickpeas crisp further as they cool down).
6. Serve warm or at room temperature.

Why this is good for you?

- Chickpeas are rich in fibre and can help you reach your daily fibre goal of 30g a day. A diet high in fibre is associated with a reduced breast cancer risk. Additionally, chickpeas are an excellent source of plant proteins and make a great alternative to processed meat.



full.

Frozen Banana Bites

a good snack

Frozen Banana Bites

Makes 16-20 bites
Preparation time: 15 mins
(+ 2 hours freezing time)
Season: All year round

Ingredients

- 2 ripe but firm bananas
- 2-3 tbsp no-added-sugar smooth nut butter (e.g. peanut, almond)
- 50g dark chocolate (70% cocoa or higher) - roughly chopped
- 1 tsp olive oil (optional, to help with melting)
- Toppings (choose from): crushed seeds (e.g. pumpkin or sunflower), chopped nuts (e.g. almonds or pistachios), desiccated coconut, a pinch of flaky sea salt

Naturally sweet and made with just a few ingredients, these frozen banana bites are a simple yet satisfying treat. Easy to customise with your favourite nut butter and toppings of choice.

Preparation

1. Peel and slice the bananas into ½-1 cm rounds.
2. Place a small dollop of nut butter onto half of the banana slices. Top each one with a second slice to form a sandwich. Press gently so the filling spreads slightly.
3. Place the banana bites on a tray (where possible, avoid non-stick cookware). Freeze for 1 hour, until firm.
4. In a heatproof bowl, melt the dark chocolate over a pan of gently simmering water or in the microwave in short bursts, stirring occasionally. Stir in a teaspoon of oil if using to loosen the consistency.
5. Dip each frozen banana bite halfway into the melted chocolate. Return to the tray and sprinkle with any toppings while the chocolate is still soft.
6. Freeze for another 30-60 minutes, or until the chocolate is set.

Why this is good for you?

- A diet high in fruit and vegetables may help reduce the risk of breast cancer.
- Dark chocolate is a source of polyphenols. These are compounds with an antioxidant and anti-inflammatory effect that may reduce the risk of breast cancer.





full.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

Garlic and Chilli Crispy Kale

a good snack

Garlic and Chilli Crispy Kale

Makes 4 portions
Preparation time: 20 mins
Season: September to
March (Autumn/Winter)

Ingredients

- 200g curly kale – washed and thoroughly dried
- 2 tbsp olive oil
- 1 tsp garlic granules or powder
- ½ tsp chilli flakes (or to taste)
- Pinch of salt

Roasted simply with olive oil, garlic and chilli, these kale chips are crisp, light, and full of flavour. A great way to use seasonal kale and enjoy a savoury, nutrient-packed snack.

Preparation

1. Preheat the oven to 170°C/140°C fan/gas mark 3. Lightly oil a baking tray (where possible, avoid non-stick).
2. Strip the kale leaves from the stems and tear into large bite-sized pieces. Make sure the leaves are completely dry (moisture will stop them crisping).
3. In a large bowl, toss the kale with olive oil, garlic, chilli flakes and a pinch of salt.
4. Spread the kale in a single layer on the tray. You may need to use two trays or cook in batches to avoid overcrowding.
5. Bake for 10-15 minutes, turning once halfway through. Keep a close eye on them to prevent burning, they should be crisp but still green.
6. Leave to cool slightly. The chips will continue to crisp as they cool.

Why this is good for you?

- Kale is non-starchy and rich in carotenoids. Eating non-starchy and carotenoid-rich vegetables may help to decrease the risk of breast cancer.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Hummus

a good snack

Hummus

Makes 4 portions
Preparation time: 10 mins
Season: All year round

Ingredients

- 250g (1 ½ cups) chickpeas from a glass jar (where possible, avoid using canned products) – drained and washed
- 2 tbsp tahini
- Juice from 1 lemon
- 2 tbsp olive oil
- 1 tsp garlic powder or 2 garlic cloves – minced
- 80ml (1/3 cup) cold water
- Pinch of salt and pepper

To serve (optional):

- Wholemeal bread, raw vegetable sticks (e.g. carrot or cucumber), or wholemeal tortilla chips (see recipe)

Smooth, creamy and full of flavour, this homemade hummus makes a versatile and nourishing snack. Pair it with wholemeal tortilla chips, sweet potato twists or raw veggies.

Preparation

1. Add the chickpeas, tahini, lemon juice, olive oil, garlic and water to a food processor.
2. Mix on high until smooth and creamy but still thick enough to hold its shape when scooped. If the hummus isn't creamy enough, slowly add more cold water one teaspoon at a time.
3. Transfer to a serving bowl and season with salt and pepper to taste.
4. Serve with wholemeal tortilla chips, sweet potato twists, raw carrots, peppers and/or cucumbers.

Why this is good for you?

- Chickpeas are rich in fibre and can help you reach your daily fibre goal of 30g a day. A diet high in fibre is linked to a reduced breast cancer risk. Additionally, chickpeas are an excellent source of plant proteins and make a great alternative to processed meat.



The background of the entire image is a photograph of several pieces of white yoghurt bark. The bark is topped with fresh fruit, including halved strawberries, whole raspberries, and blueberries. It is also sprinkled with small, light-colored seeds, possibly almonds or sunflower seeds. The image has a dark teal overlay.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

Seasonal Fruit Yoghurt Bark

a good snack

Seasonal Fruit Yoghurt Bark

Makes 6 portions
Preparation time: 10 mins
(+ 3-4 hours freezing time)
Season: All year round

Ingredients

- 500g unsweetened Greek yoghurt or dairy-free alternative
- 1 tsp vanilla extract (optional)
- Zest of ½ lime (optional)
- 100g mixed seasonal fruits, e.g.:
 - » **Spring:** rhubarb (lightly poached), apricots, early strawberries
 - » **Summer:** raspberries, blueberries, blackberries, strawberries
 - » **Autumn:** apples, plums, figs
 - » **Winter:** apples, pears, cranberries, quince
- 1 tbsp mixed seeds (e.g. pumpkin, sunflower, chia)
- 1 tbsp chopped nuts (e.g. almonds, pistachios, walnuts)

This frozen yoghurt bark is a refreshing, no-fuss snack made with creamy yoghurt, seasonal fruit, and a sprinkling of nuts and seeds. It's quick to prepare, naturally sweet, and makes a great afternoon pick-me-up.

Preparation

1. Lightly oil a baking tray (where possible, avoid non-stick cookware) or flat container with a neutral oil (e.g. olive or rapeseed oil).
2. In a bowl, stir the yoghurt with vanilla extract and lime zest, if using, for extra flavour.
3. Pour the yoghurt onto the tray and spread into an even layer, about 1cm thick.
4. Scatter the seasonal fruits evenly over the surface. Sprinkle with seeds and chopped nuts.
5. Place the tray in the freezer for 3-4 hours, or until completely frozen.
6. Once frozen, remove from the freezer and break into chunks or shards.

Why this is good for you?

- **Fruits and vegetables are rich in fibre; a high-fibre diet is associated with a reduced risk of breast cancer.**



The background of the entire image is a close-up, slightly blurred photograph of several golden-brown, twisted potato chips. The chips are scattered across the frame, with some in sharp focus and others blurred in the background. The lighting is warm, highlighting the texture of the potato skin and the crisp edges of the twists.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Sweet Potato Twists

a good snack

Sweet Potato Twists

Makes 12-14 twists
Preparation time: 45 mins
Season: September to
February (Autumn/Winter)

Ingredients

- 450g sweet potatoes (approx. 2-4) – peeled and chopped into 1cm cubes
- 1 tbsp olive oil
- 50g carrots – coarsely grated
- 125g wholemeal flour, plus extra for dusting
- Handful of ground nuts (e.g. almonds) or seeds (e.g. sesame or pumpkin) (optional)

These savoury twists are a simple, wholesome snack made with roasted sweet potato, grated carrots and wholemeal flour. Twisted into shape and baked until golden, they're perfect for dipping or enjoying on their own.

Preparation

1. Preheat the oven to 200°C/180°C fan/gas mark 6. Place the sweet potato cubes on a baking tray (where possible, avoid non-stick cookware), drizzle with olive oil and bake for 15-20 minutes.
2. Mash the cooked sweet potatoes until smooth or mix in a blender briefly to create a thick paste.
3. Remove as much liquid as possible from the grated carrots using your hands or place in a clean tea towel before squeezing, then add them to a bowl with the sweet potato and mix well.
4. Stir in the flour and bring the mixture together into a ball of dough. If it's too sticky, add a little more flour as needed.
5. Transfer the dough to a lightly floured surface. Roll it out to a rectangle around 20 x 30 cm and ½ cm thick. Cut into 12-14 strips about 3 cm wide.
6. Lightly oil a baking tray. Gently twist each strip roughly 2-3 times and lay it on the tray. Sprinkle with ground nuts or seeds if using.
7. Bake for 10-12 minutes until golden. Allow to cool slightly before serving with hummus or whipped ricotta dip (see recipes).

Why this is good for you?

- Sweet potatoes and carrots contain carotenoids. These act as antioxidants for humans and may help to reduce the risk of breast cancer.
- This recipe uses wholemeal flour, which has a higher fibre content than all-purpose white flour, and sweet potatoes are also high in fibre. A diet high in fibre is associated with a decreased risk of breast cancer.



full.

Whipped Ricotta Dip

a good snack

Whipped Ricotta Dip

Makes 4-6 portions
Preparation time: 10 mins
Season: All year round

Ingredients

For the dip:

- 250g ricotta cheese
- $\frac{3}{4}$ cup (180g) Greek yoghurt
- Zest of 1 lemon
- 1 tbsp extra virgin olive oil

For the toppings:

- $\frac{1}{2}$ tsp chilli flakes (or to taste)
- $\frac{1}{2}$ tsp ground turmeric
- Black pepper, to taste
- 1 tbsp chopped fresh mint
- 2 tbsp chopped fresh parsley
- 2 tbsp toasted pine nuts (optional)
- 2 tbsp crushed pistachios (optional)

To serve (optional):

- Wholemeal tortilla chips (see recipe), raw vegetable sticks (e.g. carrot, cucumber, pepper)

This whipped ricotta dip is light and zesty, topped with a vibrant mix of herbs, spices, and a crunchy nut topping. It's quick to make and perfect as a snack or appetiser. Serve with wholemeal tortilla chips, sweet potato twists or raw veggies for scooping.

Preparation

1. In a food processor or mixing bowl, combine the ricotta, yoghurt, lemon zest, and olive oil. Blend or whisk until smooth and creamy.
2. In a small bowl, mix the chilli flakes, turmeric, black pepper, chopped herbs, and nuts (if using).
3. Spread the ricotta mixture onto a plate or shallow bowl. Sprinkle the herb and spice topping generously over the dip.
4. Enjoy immediately with toasted wholemeal tortilla chips, sweet potato twists (see recipes) or raw vegetable sticks for dipping.

Why this is good for you?

- **Ricotta is rich in calcium and protein.** There is some evidence that dairy products, with high levels of calcium, might be beneficial in reducing the risk of breast cancer. Protein is an important part of our diet and key to building and maintaining all types of bodily tissues, including muscle.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Wholemeal Tortilla Chips

a good snack

Wholemeal Tortilla Chips

Makes 30-40 chips
Preparation time: 15 mins
Season: All year round

Ingredients

- 4 wholemeal tortilla wraps
- 2 tbsp olive oil
- ¼ tsp salt
- ½ tsp smoked paprika or ground cumin (optional)

To serve (optional):

- Hummus or whipped ricotta (see recipe).

A quick and crunchy snack made from just a few ingredients, great for dipping or on their own.

Preparation

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Using a brush or your fingers, lightly coat each tortilla with olive oil on both sides. Sprinkle with salt and your chosen spice (if using).
3. Stack the tortillas and cut into wedges (about 8-10 per tortilla).
4. Spread the pieces in a single layer on a baking tray (you may need to do this in batches).
5. Bake for 6-8 minutes, turning once, until crisp and lightly golden.
6. Leave to cool before serving.
7. Enjoy with homemade dips like hummus and whipped ricotta (see recipes), or seasonal salsa.

Why this is good for you?

- Wholemeal wraps have a higher fibre content than white tortilla wraps. A diet high in fibre is associated with a decreased breast cancer risk.



A hand is pouring a golden liquid, likely honey or oil, from a glass jar into a bowl filled with a variety of fruits and nuts. The bowl contains chunks of yellow fruit, possibly mango or pineapple, along with almonds, walnuts, and other nuts. The entire scene is overlaid with a dark blue tint.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

a good starter

full.

created for you by Rachel de Thample

Roast Squash with Kimchi Butter

Makes 4 portions
Preparation time: 20 mins
Cooking time: 45 mins – 1 hour
Season: October to March
(Autumn/Winter)

A starter from
Rachel de Thample

.....

Ingredients

- 1 squash (a medium Red Kuri is my favourite here)
- 1 tbsp (15ml) olive oil, or ghee
- 4 tbsp (55g) butter, softened
- 4 tbsp (60ml) kimchi brine (from a jar of kimchi)
- Sea salt and freshly ground black pepper

Suggested toppings:

- A sprinkle of microgreens or sprouts, to serve

“The joy of growing and buying squash is that most varieties are made for storing to provide winter fuel. My knee-jerk method for preparing it is the simplest: to roast them. From there, you can blend it into a soup, mash it with olive oil, or drizzle something delicious over the top, like this umami-rich mix of kimchi brine and butter.”

Preparation

1. Preheat the oven to 200°C/180°C fan/gas mark 6. Set a large roasting dish (where possible, avoid non-stick cookware) in the oven to heat up.
2. Cut the squash in half if small, in quarters if medium or into 4–5cm thick wedges if large. Scoop out the seeds (use them to test your sprouting skills, or roast them, or compost them).
3. Put the oil or ghee in the heated dish. Arrange in the squash, coating it in the fat and leaving it cut side down, or on one of the cut sides, if in wedges. Roast for 30 minutes.
4. Remove the pan from the oven, flip the squash to the other side (or cut side up if you have halves). Roast for a further 15–30 minutes, or until fully tender and visibly caramelised around the cut edges.
5. While it cooks or slightly cools, blend the butter and kimchi brine together: mix it in a bowl with a spoon, or use a stick blender or food processor for a lighter whipped result.
6. Dot the kimchi butter over the squash, to taste. If you have extra, the butter will keep nicely in the refrigerator for 1 week, or in the freezer for 1 year.
7. Serve sprinkled with microgreens or sprouts, if you like.

Chef's tip

It's worth making extra kimchi butter to have on hand for other things such as fish (it makes an instant sauce), or to be tossed with noodles or rice.

Why this is good for you?

Squash is a good source of carotenoids, which are responsible for the bright red, yellow, orange and purple colours of certain fruits and vegetables. Carotenoids act as antioxidants for humans and may reduce the risk of breast cancer, especially when you eat lots of them!



Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Cauliflower Salad with Carrot, Orange, Za'atar & Toasted Buckwheat

created for you by **Thomasina Miers**

Cauliflower Salad with Carrot, Orange, Za'atar & Toasted Buckwheat

Makes 4 portions
Preparation time: 25 mins
Season: September to March (Autumn/Winter)

A starter by
Thomasina Miers

"I love this salad, hugely inspired by the crispy, crunchy cauliflower and orange salads my mother used to make at home when we were growing up. It's packed with flavour and is so colourful that it cheers you up just seeing it in a bowl on the kitchen table."

Ingredients

- 40g buckwheat
- 1 medium cauliflower, including tender inner leaves
- 80g black olives, preferably Kalamata, de-stoned and chopped
- 60g raisins
- 1 large orange, peeled and segmented
- 2 medium carrots, roughly grated
- Large handful each dill, parsley and mint, finely chopped
- 3 tsp za'atar

For the dressing:

- 1 ½ tsp cumin seed
- 1 ½ tsp light brown sugar
- 3 tbs (15ml) red wine vinegar
- 120ml olive oil

Preparation

1. Toast the buckwheat in a dry frying pan (where possible, avoid using non-stick cookware) until crunchy but not burnt and set aside.
2. In the same pan toast the cumin seed, then grind in a spice grinder or by hand.
3. Fry the raisins in half a tablespoon of olive oil for 2 to 3 minutes until plumped up and round.
4. Slice across the cauliflower thinly and then chop the slices into small pieces and put in a salad bowl. Add the rest of the salad ingredients to the bowl.
5. Mix the dressing ingredients together, season generously with salt and pepper and pour into the salad, toss together and serve.

Chef's tip

Good food should be about flavour and nourishment, and using a wide array of ingredients will help you achieve both. This recipe is not only full of diverse ingredients to support good gut health, but it's delicious too!

Why this is good for you?

Cauliflower and carrots are non-starchy vegetables; this group of vegetables may help decrease the risk of developing breast cancer. Carrots and oranges contain carotenoids, a plant compound responsible for certain fruits and vegetables' bright red, yellow, orange and purple colours. Carotenoids act as antioxidants for humans and may help to reduce the risk of breast cancer.





full.

Pea, Orange & Pistacchio Salad

created for you by Helen Graham

Pea, Orange & Pistacchio Salad

Makes 3 portions
Preparation time: 20 mins
Season: April & May
(Spring)

A starter (or side)
by Helen Graham

"This is a salad packed full of the flavours of spring. It is worth trying to get your hands on the orange blossom if possible as it adds such an interesting dimension of flavour to the salad, however you can leave it out otherwise."

Ingredients

For the salad:

- 150g fresh or frozen peas (thawed if frozen)
- 1 bunch asparagus
- 1 small red onion, thinly sliced
- 30g fresh mint leaves, roughly chopped
- 30g soft goat's cheese, crumbled
- 30g toasted pistachios, roughly chopped
- 1 tbsp nigella seeds

For the vinaigrette:

- 2 tbsp (30g) Dijon mustard
- 1 tbsp (15ml) honey
- 2 tsp (30ml) orange blossom water (optional)
- 2 tbsp (30ml) cider vinegar
- 2 tbsp (30ml) extra virgin olive oil
- 2 tbsp (30ml) fresh orange juice
- 1/4 tsp orange zest
- 1 tsp salt
- Good grind black pepper

Preparation

1. Trim the tough ends of the asparagus and cut the spears into 5 cm pieces. Blanch the asparagus by boiling a pot of salted water. Add the asparagus and cook for 2-3 minutes until tender-crisp.
2. Immediately transfer the asparagus to a bowl of ice water to stop the cooking process and preserve the bright green colour. Drain and pat dry.
3. If using fresh peas, blanch them in boiling water for 1-2 minutes until just tender. If using frozen peas, simply thaw them in warm water and drain.
4. In a small bowl or jar, whisk together the Dijon mustard, honey, orange blossom white wine vinegar, orange juice, orange zest and salt and pepper.
5. Slowly drizzle in the olive oil while whisking constantly until the dressing emulsifies and becomes smooth.
6. In a large mixing bowl, combine the blanched asparagus, peas, and red onion slices.
7. Add the chopped mint, crumbled goats' cheese, and pistachio.
8. Pour the mustard and orange blossom vinaigrette over the salad and toss gently to combine.

Chef's
tip

Fresh peas would be a wonderful addition here if you can find them! You would need to purchase about 1kg to get the same yield once podded.

Why this is good for you?

Onions and asparagus are non-starchy vegetables; this group of vegetables may help decrease the risk of developing breast cancer. Peas are rich in carotenoids, which act as antioxidants for humans and may reduce the risk of breast cancer, especially when you eat lots of them!



A top-down photograph of a white ceramic plate with a ribbed rim. On the plate are several fresh summer rolls, some wrapped in rice paper and others in lettuce. A small glass bowl containing a green dipping sauce with sliced jalapeños sits in the upper left. A hand is visible at the bottom, holding one of the rolls. The entire image is overlaid with a semi-transparent dark teal filter. A circular graphic is centered on the plate, featuring the word 'full.' in a large, white, lowercase sans-serif font. The words 'Good food. Good company. A good cause.' are repeated three times in a smaller, white, sans-serif font, curving around the central word.

full.

Good food. Good company. A good cause.

Healthy Summer Rolls with Dipping Sauce

created for you by **Linia Patel**

Healthy Summer Rolls with Dipping Sauce

Makes 4 portions

Preparation time: 40 minutes

Season: June to October
(Summer/Autumn)

A starter by Linia Patel

"These flavourful tofu wraps are a delicious and nutritious option as a starter or as a main meal. Swap in roasted chicken, prawns, or smoked tofu for variety. A perfect gluten-free option to nourish your body."

Ingredients

- 1 tbsp olive oil
- 280g block firm tofu, cut into flat batons
- 2 tsp soy sauce
- 1 tsp honey
- Pinch of chilli flakes
- 8 rice paper wraps or large iceberg lettuce leaves
- 1 medium carrot, cut into matchsticks
- ½ cucumber, deseeded and cut into matchsticks
- 1 avocado, finely sliced
- Large handful coriander, leaves picked
- Handful mint, leaves picked

For the Dipping Sauce:

- 1 tbsp rice vinegar
- Juice of a lime
- 1 small red chilli, finely chopped
- 1 tbsp fish sauce
- 1 tsp honey

Preparation

1. Heat the olive oil in a large frying pan (where possible, avoid non-stick cookware) and fry the tofu for 4-5 minutes, until golden and crisp on all sides. Add the soy sauce, honey, and chilli flakes and cook for a further minute or two more until lovely and sticky. Set aside.
2. Blend all the ingredients for the dipping sauce together in a bowl.
3. To assemble the rolls, dip each rice paper wrap in a bowl of water until it begins to soften, then lay on a chopping board. Top with some of the tofu, carrot, cucumber and avocado, as well as some herbs. Fold in the sides and then roll into a sausage shape.
4. Repeat with the rest of the wraps and serve with the dipping sauce.

Chef's tip

Try dipping your tofu in sesame seeds before frying and putting a piece of nori on top of your rice paper wrap before filling for extra flavour and nutrition! If you don't have all the ingredients for the dipping sauce, you can also just use some soy sauce and a sprinkle of sesame seeds.

Why this is good for you?

Carrots, cucumbers and lettuce are both non-starchy and rich in carotenoids, which may reduce your risk of breast cancer.



A close-up photograph of a bowl of orange goddess soup. The soup is a vibrant orange color and is garnished with a cinnamon stick and several small, dark seeds. The bowl is white and has a subtle pattern. The background is dark and out of focus.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Orange Goddess Soup

created for you by **Briony May Williams**

Orange Goddess Soup

Makes 6 portions
Preparation time: 15 minutes
(+ 35-40 cooking time)
Season: September to
November (Autumn)

A starter by **Briony May Williams**

"I love the 'green goddess' trend of packing in as many delicious and nutritious green foods into a dish, so I thought I'd try and do it with orange veggies for a slightly different – but equally delicious – take."

Ingredients

- 1 large sweet potato
- 1 medium butternut squash
- 2 white onions
- 3 carrots
- Rapeseed oil
- 1 tsp cinnamon
- 1 tsp nutmeg
- 2 tsp onion granules
- 2 tsp ground cumin
- 2 tsp smoked paprika (plus a little extra for the peel)
- 2 tbsp garam masala
- 1 tsp salt
- Pinch of black pepper
- 1 vegetable stock cube
- 300g silken tofu

Optional toppings:

- Mixed seeds
- Greek yogurt
- 1 tsp honey

Preparation

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Scrub the butternut squash and sweet potato, then peel and chop them (place the peel in a bowl for later). Chop the onions and carrots.
3. Put all the chopped vegetables in a large baking dish and drizzle with rapeseed oil.
4. Sprinkle over the cinnamon, nutmeg, cumin, smoked paprika, garam masala, onion granules, salt, and black pepper.
5. Toss everything up so all the veg is coated, then bake for 30 minutes until softened.
6. Mix the peel with a drizzle of rapeseed oil, a pinch of salt and some smoked paprika. Pop in the oven for 15-20 minutes.
7. In a pot (where possible, avoid non-stick cookware) mix the vegetable stock with 500ml of boiling water.
8. Add the vegetables and the tofu to the pot and use a stick blender to blitz until smooth.
9. Serve with a drizzle of Greek yogurt, seeds and the crispy peel.

Chef's tip

People often throw away peel from veggies but if you toss them in some salt, pepper and olive oil then cook till crispy, they make great salad and soup toppers.

Why this is good for you?

Butternut squash, sweet potatoes, and carrots are a good source of carotenoids, which are responsible for the bright red, yellow, orange and purple colours of certain fruits and vegetables. Carotenoids act as antioxidants for humans and may reduce the risk of breast cancer, especially when you eat lots of them!





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Roasted Cauliflower and Chickpeas with Tahini Dressing

created for you by **Shelina Permalloo**

Roasted Cauliflower and Chickpeas with Tahini Dressing

Makes 4 portions as a starter, 2 as a main
Preparation time: 30 mins
Season: August to March
(Summer/Autumn/Winter)

A starter by
Shelina Permalloo

"I love roasted cauliflower and chickpeas with tahini dressing because it's a perfect mix of crispy, creamy, and nutty flavours. The caramelised cauliflower pairs beautifully with the crunchy chickpeas, while the rich, tangy tahini sauce ties it all together. It's healthy, satisfying, and easy to make - ideal for any meal!"

Ingredients

For the cauliflower and chickpeas:

- 400g chickpeas from a glass jar - drained and washed
- 1 tbsp garlic powder
- 1 tbsp paprika
- Vegetable oil
- ½ cauliflower, chopped into florets and leaves retained
- Salt and freshly ground black pepper

For the dressing:

- 2 tbsp tahini
- 4 tbsp freshly boiled water from a kettle
- ½ lemon, juice only
- 1 garlic clove, crushed
- 1 tbsp runny honey
- ½ tsp sumac
- Salt to taste

Optional toppings:

- 2 tbsp fresh mint, leaves picked, to garnish
- 1 tbsp pomegranate seeds, to garnish

Why this is good for you?

Cauliflower is a non-starchy vegetable; this group of vegetables may help decrease the risk of developing breast cancer.

Preparation

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Lay out the chickpeas, cauliflower and cauliflower leaves on an oven tray (where possible, avoid non-stick cookware). Season with garlic powder, paprika, oil, salt and pepper, and mix well to combine.
3. Roast for 25-30 minutes and then set aside.
4. Meanwhile, to make the dressing, place all of the ingredients except the salt in a sealed container or bottle and shake together until emulsified.
5. To assemble, transfer the cauliflower, cauliflower leaves and the chickpeas to a serving plate. Pour over the dressing, season with salt to taste, and then garnish with the mint and pomegranate. Serve immediately.

Chef's
tip

Roasting cauliflower when you have time on lazy Sundays and keeping them in the fridge means you can dip into it during the week.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Beetroot Soup with Oranges

a good starter

Beetroot Soup with Oranges

Makes 6 portions
Preparation time: 30 mins
Season: July to February
(Summer/Autumn/Winter)

Ingredients

- 2 small onions — peeled and chopped
- 1 tbsp olive oil
- 3 medium beetroots — peeled and cubed
- 100ml water
- 200ml orange juice
- 400ml vegetable broth
- 200ml single cream
- 2 pinches ginger — freshly grated
- 50g sour cream
- 1 orange
- 2 pinches chilli powder

Preparation

1. In a large pot (where possible, avoid using non-stick cookware), sweat the onions with the olive oil. Add the cubed beetroot, with the onions. Sweat for a bit. Add a pinch of chilli.
2. De-glaze with water and let it boil away until liquid has reduced. Add the orange juice and let it reduce until almost gone.
3. Fill the pot with the vegetable broth and cook for about 10 minutes until the beetroot is soft.
4. Add the single cream and the freshly grated ginger. Bring to the boil again and puree. Season if necessary.
5. To serve, fill the soup into bowls, add a dollop of sour cream to the centre. Grate a little orange peel over it, and for those who like it a little hot, sprinkle a little chilli on top. Enjoy!

Why this is good for you?

Beetroot is an example of a non-starchy vegetable. Eating high quantities of non-starchy vegetables may decrease risk of oestrogen receptor negative (ER-) breast cancer. Beetroots also contain a rich source of compounds that have powerful antioxidant and anti-inflammatory properties and can help protect against cancer.



A close-up photograph of a bowl of soup, featuring chickpeas and fresh thyme leaves. The image is overlaid with a dark blue-green tint. A circular logo is centered on the page, containing the word 'full.' in a large, white, sans-serif font. The words 'Good food. Good company. A good cause.' are written in a smaller, white, sans-serif font, curving around the word 'full.'.

Good food. Good company. A good cause.
full.
Good food. Good company. A good cause.

Warming Roasted Cauliflower Garlic Soup with Chickpeas

a good main course

Warming Roasted Cauliflower Garlic Soup with Chickpeas

4 portions
Preparation time: 40 mins
Season: August to March
(Summer/Autumn/Winter)

Ingredients

- 750g cauliflower — divided into florets
- 240g chickpeas in a jar, drained and rinsed or 240g pre-cooked dried (soaked as per packet instructions)
- 2 tbsp olive oil
- 1 tsp salt
- A whole bulb of garlic
- 1 onion
- 1 stalk of celery
- 1 tsp coriander seeds
- 180g potato
- 200ml single cream/soy
- 1-1.2 litres vegetable stock (depending on how runny you like your soup)
- Salt and pepper

Preparation

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Mix the cauliflower florets and chickpeas with 1 tbsp olive oil tsp salt in a big bowl.
3. Cut the tip of garlic bulb off and remove outer covering skin.
4. Spread the cauliflower and chickpeas on a lightly oiled baking tray (where possible, avoid using non-stick cookware), place garlic bulb on tray, drizzle with olive oil, and roast for 25-30 minutes. Check every now then to make sure it doesn't burn.
5. Chop the onion and celery. Put 1 tbsp olive oil in a big saucepan fry onion, celery coriander seeds at low to medium heat for 3 minutes.
6. Peel and cut the potato into pieces about 2 inches in size. Add to pot, add single cream/soy cream, 1 litre vegetable stock and simmer over low medium heat with lid on for around 15 minutes.
7. Add the roasted cauliflower and chickpeas to pot (set aside one handful of for topping). Squeeze garlic out its casing into blend. If you want, can add remaining vegetable broth if prefer your soup a bit runnier. Season taste with salt pepper.
8. Serve topped with the remaining chickpeas and, if you like, some wholemeal bread on side.

Why this is good for you?

This warming roasted cauliflower garlic soup recipe will absolutely satisfy your cravings for a warm and creamy soup. It's easy and quick to make and is satisfying enough for a main meal. The perfect weeknight dinner! *Cauliflower is a cruciferous vegetable naturally high in fibre and B vitamins. A higher intake of cruciferous vegetables may reduce the risk of breast cancer.*



A top-down view of a white bowl filled with a winter salad. The salad consists of large, irregular chunks of roasted orange pumpkin or squash, and smaller, dark-colored chickpeas. The entire image is overlaid with a semi-transparent dark green filter. In the center, the word "full." is written in a large, white, lowercase sans-serif font. Surrounding this word is a circular arrangement of the same text: "Good food. Good company. A good cause." repeated three times.

full.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

Roasted Vegetable Winter Salad

a good starter

Roasted Vegetable Winter Salad

Makes 6 portions
Preparation time: 60 mins
Season: October &
November (Autumn/Winter)

Ingredients

For vegetables:

- 200g Brussels sprouts — ends trimmed and yellow leaves removed
- 1 butternut squash — peeled, seeded and cubed
- 2 red beetroots
- 4 tbsp olive oil
- Salt and pepper

For toppings & seasoning:

- 2 cups pecan halves or walnuts
- 1 cup dried cranberries
- ¼ cup balsamic vinegar
- 2 tbsp olive oil

Preparation

1. Preheat the oven to 190°C/170°C fan/gas mark 5.
2. Trim the ends of Brussels sprouts and cut them in half. Cut butternut into cubes.
3. In a bowl, combine the olive oil, salt and pepper. Add Brussels sprouts and butternut. Toss to combine.
4. Spread the Brussels sprouts and butternut squash in a single layer on lightly greased baking tray (where possible, avoid using nonstick cookware). Bake for 20-25 minutes, turning once halfway through baking. Set aside to cool down.
5. In the meantime, rinse and scrub beetroots.
6. Add the beetroots to a medium-sized saucepan filled with water. Bring to boil. Boil on medium heat, half covered, for around 30 minutes, until soft.
7. Remove from heat, and with a large spoon or ladle, remove the beetroots from the hot water. Let them cool down, then peel dice into small cubes.
8. In a large bowl, add the Brussels sprouts, butternut squash, beetroots, pecans or walnuts and dried cranberries.
9. In a small bowl, combine the balsamic vinegar with 2 tbsp of olive oil. Whisk until emulsified.
10. Drizzle mixture over the salad and serve.

Why this is good for you?

This roasted vegetable winter salad is bursting full of colourful ingredients that can help to reduce your risk of breast cancer. Brussels sprouts, butternut squash and beetroots are good sources of carotenoids, which are known for their positive health benefits, and may be associated with a reduced risk of breast cancer. Cranberries are a source of polyphenols, plant compounds with potential antioxidant, anti-inflammatory, and anticarcinogenic effects.



A hand is pouring a dark, viscous dressing from a glass jar onto a bowl of salad. The salad contains dark leafy greens, blackberries, almonds, and crumbled cheese. The entire image has a dark teal overlay.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

Dark Kale and Blackberry Salad

a good starter

Dark Kale and Blackberry Salad

Makes 6 portions
Preparation time: 10 mins
Season: September &
October (Autumn)

Ingredients

For the salad:

- 300g kale — washed and hard stems removed
- 1 tbsp olive oil
- 150g blackberries
- 75g pumpkin seeds
- 200g crumbled light Greek feta cheese
- Salt and pepper

For the blackberry vinaigrette:

- 35g blackberries — pureed
- 1 small shallot — thinly chopped
- 15ml (1 tbsp) honey
- 40ml (3 tbsp) red wine vinegar
- 40ml (3 tbsp) olive oil
- Salt and pepper

Preparation

1. Prepare the seasoning in a sealable glass jar; add the pureed blackberries, shallots, honey, red wine vinegar, olive oil, and salt and pepper. Shake/stir until well combined. Refrigerate until ready to use.
2. Prepare the kale; remove the tough stems and then chop the kale into small pieces. Place the kale in a large bowl, and massage 1 tbsp of olive oil into the kale with your hands for 3-4 minutes, until the kale softens.
3. Add blackberries, pumpkin seeds and feta cheese and toss.
4. Pour salad dressing and gently mix to coat.
5. Serve and enjoy!

Why this is good for you?

- Kale is non-starchy and rich in carotenoids. Eating non-starchy vegetables and carotenoid-rich vegetables may decrease the risk of breast cancer.
- Olive oil is high in monounsaturated fatty acids and polyphenols. Some studies see a link between olive oil consumption and a reduced breast cancer risk.



full.

a good main course

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Veggie Rainbow Lasagne

created for you by **Gemma Ogston**

Veggie Rainbow Lasagne

Makes 4 large portions
or 6 small portions
Preparation time: 30 mins
Cooking time: 50 mins
Season: October to March
(Autumn/Winter) & April to
September (Spring/Summer)

A main course from Gemma Ogston

"This roasted rainbow veggie lasagne is a vibrant, wholesome take on comfort food. Layers of roasted seasonal vegetables, creamy béchamel, a rich tomato ragù, and tender pasta come together for a dish that's as nutritious as it is delicious. Perfectly balanced, hearty, and packed with flavour, it's a feast for all seasons!"

Ingredients

- Wholemeal Lasagne sheets: No-boil or cooked, as per package instructions (gluten-free sheets can also be used).
- Olive oil for roasting vegetables.
- Salt and pepper to taste.
- Seasonal vegetables (300g of each vegetable): create your own rainbow based on our seasonal calendar
 - Autumn/Winter months: Red: roasted red peppers (from a jar). Orange: carrots, thinly sliced or shredded; pumpkin or butternut squash, cubed; sweet potatoes, cubed. Yellow: yellow winter squash, cubed. Green: kale or brussel sprouts. Purple: purple/red cabbage, thinly sliced.
 - Spring/Summer months: Red: cherry tomatoes, red peppers. Orange: carrots, thinly sliced or shredded. Yellow: yellow squash or courgette, thinly sliced. Green: spinach or broccoli. Purple: aubergine, thinly sliced.

For the tomato ragù:

- 1 tbsp (15ml) olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 400g crushed tomatoes (from a glass jar)
- 250g squash purée (follow our recipe or buy the carton variety where possible)
- 1 small sweet potato, peeled and grated
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp smoked paprika
- Salt and pepper, to taste
- 1/4 tsp chilli flakes (optional)

Method

Prepare some of the vegetables

1. Preheat the oven to 200°C/180°C fan/gas mark 6 (400°F).
2. Toss the cubed pumpkin, sweet potatoes, and sliced carrots in olive oil, salt, and pepper. Spread them on a baking tray and roast for 20-25 minutes until tender.
3. Heat some olive oil in a large pan (where possible, avoid non-stick cookware) over medium heat. Sauté the spinach or kale until wilted; set aside.

Make the tomato ragù:

4. Heat olive oil in a saucepan over medium heat. Sauté the onion until translucent, then add garlic and cook for another minute.
5. Stir in crushed tomatoes, pumpkin purée, grated sweet potato, and spices. Simmer for 15-20 minutes until thickened.

Either: Prepare the béchamel sauce (veggie):

6. Melt butter in a saucepan over medium heat. Stir in flour and cook for 1-2 minutes until lightly golden. Gradually whisk in milk, ensuring no lumps form. Cook until the sauce thickens.
7. Remove from heat and stir in ricotta cheese, nutmeg, salt, and pepper until smooth.

Recipe continues on the next page



Veggie Rainbow Lasagne

Makes 4 large portions
or 6 small portions
Preparation time: 30 mins
Cooking time: 50 mins
Season: October to March
(Autumn/Winter) & April to
September (Spring/Summer)

A main course from
Gemma Ogston

Ingredients (cont.d)

*For the béchamel sauce
(veggie):*

- 4 tbsp (60g) butter
- 3 tbsp (45g) all-purpose flour
(or gluten-free alternative)
- 500ml milk
- 250g ricotta cheese
- 1/4 tsp ground nutmeg
- Salt and pepper, to taste

*For the cashew béchamel
sauce (vegan):*

- 135g raw cashews (soaked for 4-6
hours or boiled for 20 minutes, then
ground)
- 500ml unsweetened plant-based
milk (e.g. almond or oat)
- 2 tbsp nutritional yeast
- 1 tbsp (15ml) olive oil
- 2 tbsp (15g) all-purpose flour
(or gluten-free alternative)
- 1/4 tsp ground nutmeg
- 1 tsp garlic powder
- Salt and pepper, to taste

Method (cont.d)

Or: Prepare the béchamel sauce (vegan):

6. Heat olive oil or vegan butter in a saucepan over medium heat. Whisk in flour and cook until slightly golden. Gradually add plant-based milk, whisking constantly to avoid lumps.
7. Stir in nutmeg, salt, and pepper. Stir in ground cashews and nutritional yeast and garlic powder.

Assemble the lasagne:

8. Spread a thin layer of tomato ragù at the bottom of a glass baking dish. Layer lasagne sheets over the sauce. Add a layer of roasted red vegetables, followed by a layer of béchamel sauce.
9. Continue layering with lasagne sheets, orange vegetables, béchamel, yellow vegetables, green vegetables, and purple vegetables, separating each with lasagne sheets and béchamel. Finish with a top layer of lasagne sheets and a generous spread of béchamel sauce.

Bake and serve:

10. Cover the dish with a lid and bake at 190°C/170°C fan/gas mark 5 (375°F) for 30 minutes.
11. Remove the lid and bake for 10-15 minutes until the top is golden and bubbling. Allow the lasagne to rest for 10 minutes before slicing. Serve warm and enjoy!

**Chef's
tip**

*To use up leftovers, stuff bell
peppers with the remaining lasagne.
Add a little more grated cheese
and bake for 20 minutes at 180°C/
160°C fan/gas mark 4 (350°F).*

Why this is good for you?

**This recipe contains lots of colourful
vegetables. A diet high in fruit and
vegetables (especially non-starchy
vegetables and foods high in carotenoids)
can help reduce breast cancer risk.**



Homemade Squash Purée

Makes 250g purée.

Preparation time: 40 mins

Ingredients

- 250g (summer or winter) squash – peeled, deseeded and chopped into small chunks
- 2 tbsp olive oil
- Salt and pepper

Method

1. Preheat the oven to 200°C/180°C fan/gas mark 6 (400°F).
2. Scatter the pieces of squash on an oven-proof dish (where possible, avoid using non-stick cookware), toss with 2 tbsp olive oil and season with salt and pepper.
3. Roast for around 25-30 minutes, until tender.
4. Remove from the oven and let cool.
5. When the squash is still warm (not hot or cold) mash using a potato masher.



Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Peshwari Crust Cauli Korma

created for you by Philli Armitage-Matin

Peshwari Crust Cauli Korma

Makes 4 portions
Preparation time: 45-60 mins
Season: August to March
(Summer/Autumn/Winter)

A main course from Philli Armitage-Mattin

"As a child, my order from the local curry house had to be a Peshwari naan and chicken korma (basic from birth). I'm adding that super sweet Peshwari we all love and roasting it into a crust onto the cauliflower and making a super simple korma sauce. This is a great one to introduce children to veggies."

Ingredients

- 1 large cauliflower or 2 small cauliflowers, leaves trimmed
- 2 tbsp (30g) butter
- Sprinkle of salt
- 1 tbsp honey or maple syrup
- 2 tbsp (25g) flaked almonds
- 2 tbsp (10g) desiccated coconut
- 3 tbsp (40g) ghee or butter
- 1 medium onion, chopped
- 2 tsp (5g) salt
- 4 tsp (8g) ginger, chopped
- 2 garlic cloves, chopped
- 1 cinnamon stick or ½ tsp ground cinnamon
- 3 cardamom pods, crushed
- 1 tsp (2g) coriander, ground
- ½ tsp (1.1g) turmeric, ground
- ½ tsp (1.4g) chilli powder, ground
- 2 tsp (12g) tomato paste
- 250ml water
- 100ml double cream
- Squeeze of lemon juice
- Handful of coriander, chopped (optional)

Preparation

Prepare the cauliflower:

1. Preheat oven to 180°C/160°C fan/gas mark 4 (350°F).
2. Slice cauliflower into steaks.
3. Heat a large frying pan (where possible, avoid non-stick cookware) with butter and sear the cauliflower steaks with a sprinkle of salt in batches of 2 and caramelise on both sides. Remove and place on an glass oven tray.
4. Add any trimmings and caramelise. If the pan looks dry, add a splash of oil.
5. Add the trimmings to the tray, making sure not to overcrowd the tray, and roast in the oven for 30 minutes.

Make the sauce:

6. Heat 40g of butter (or ghee) in a saucepan on medium heat.
7. Add onion and cook for 5 minutes until just colouring.
8. Add the ginger, garlic, cinnamon stick and cardamom pods and cook for 2-3 minutes.

Recipe continues on the next page



Peshwari Crust Cauli Korma

Makes 4 portions
Preparation time: 45-60 mins
Season: August to March
(Summer/Autumn/Winter)

A main course from
Philli Armitage-Mattin

Preparation (cont.d)

9. Add coriander, turmeric, chilli powder, tomato paste, 250ml of water and double cream and cook down for 10 minutes.
10. Fish out the cinnamon stick and cardamom and blend the sauce with a stick blender until smooth. Throw the cinnamon stick and cardamom back in.
11. Finish with a squeeze of lemon juice, taste and adjust to your liking. Keep on a low heat and reserve until you're ready to serve.

Final touches:

12. Remove the cauliflower steaks from the oven and drizzle with honey.
13. Sprinkle over flaked almonds and desiccated coconut.
14. Place back in the oven for a further 10 minutes until golden.
15. Serve the sauce on the plate and spread into a circle with the back of your spoon.
16. Place the cauliflower on top and garnish with chopped coriander.

Chef's tip

This goes great with tamarind
and date chutney or coconut and
coriander chutney.

Why this is good for you?

Cauliflower is a cruciferous vegetable
naturally high in fibre and B vitamins.
A higher intake of cruciferous vegetables
may reduce the risk of breast cancer.



A top-down view of a white plate filled with a vibrant green noodle salad. The salad consists of long, thin, spiral-cut vegetable noodles, likely zucchini or cucumber, mixed with finely shredded green herbs and small, light-colored vegetable pieces. A single wedge of lime sits on the right side of the plate. A silver fork is partially visible at the bottom right. The entire image is overlaid with a semi-transparent teal filter. A circular text graphic is centered over the salad, and the title of the recipe is printed in large white letters at the bottom.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

Big Veg Noodle Salad with Lime, Ginger and Peanut Dressing

created for you by **Melissa Hemsley**

Big Veg Noodle Salad with Lime, Ginger and Peanut Dressing

Makes 2 portions
Preparation time: 15 mins
Season: September to February (Autumn/Winter)

A main by
Melissa Hemsley

"Even in the colder months, I think a big noodle salad is always a great thing to have up our sleeves. In the depths of winter, in and amongst all the cheesy bakes and big soups and stews, I crave fresh, zingy, crunchy salads like this. Use any noodles you like - even spaghetti would work if that's what you've got. I love buckwheat (soba) noodles. Swap the peanuts and peanut butter for cashews or almonds if you prefer."

Ingredients

- 2 nests of noodles (approx. 130g)
- 2 tsp (10ml) toasted sesame oil
- 2 big handfuls of raw peanuts
- 1 large carrot, cut into ribbons with a peeler or cut into thin strips with a knife
- ¼ cabbage of choice (e.g. savoy or sweetheart), very thinly sliced
- 1 small apple or pear, cored and cut into matchsticks

For the dressing:

- 2 tbsp (30g) smooth or crunchy peanut butter
- 2 big limes: zest of 1 and juice of both
- 2 tbsp tamari or soy sauce
- Thumb of fresh ginger, finely grated
- Pinch of chilli flakes
- 2 tsp (10ml) maple syrup
- Sea salt and black pepper

Preparation

For the dressing:

1. Whisk all the ingredients in a small bowl or shake in a jam jar.
2. Taste for seasoning.

For the salad:

3. Cook the noodles according to the packet instructions, then drain and rinse immediately with cold water. Toss the noodles with the sesame oil and set aside.
4. Toast the peanuts in a dry frying pan (where possible, avoid using non-stick cookware) over a medium heat for 3–5 minutes, shaking the pan every so often, until golden.
5. In a large bowl, toss together the noodles, carrot, cabbage, apple or pear and roughly half the dressing. Slowly add more splashes of dressing if you like, tossing as you go, until everything is nicely coated. Top with the peanuts.

Chef's tip

Do the lime trick to release more juice by rolling the limes on the kitchen counter before you slice them in half.

Why this is good for you?

Carrots and cabbage are non-starchy vegetables; this group of vegetables may help decrease the risk of developing breast cancer.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Zafran Murg Korma

created for you by **Asma Khan**

Zafran Murgh Korma

Makes 4 portions as a main course or 8 as part of a multi-course meal

Preparation time: 80 minutes (including 30 minutes for chicken marination)

Season: All year round

A main course from Asma Khan

"A mild yet deeply aromatic chicken korma, this dish combines the warmth of pungent whole spices, the tang of yoghurt, and the delicate aroma of saffron. Rich in flavour and subtly sophisticated, it's a harmony of spice and creaminess: fragrant and indulgent."

Ingredients

- 500 g Turkish or Greek yoghurt (10% fat)
- 1 tbsp garlic paste
- 2 tbsp fresh ginger paste
- 8 medium skinless chicken thighs (on the bone) (approximately 1 kg/2 lb 4 oz)
- 2 tbsp whole milk (or plant-based milk alternative)
- A large pinch of good-quality saffron strands
- 6 tbsp (100ml) vegetable oil
- 3 medium white onions, evenly and thinly sliced into rings
- Whole garam masala (2 Indian bay leaves, 1 piece cassia bark, 2.5 cm/1 inch long, 3 green cardamom pods and 1 clove)
- 1 tbsp ground coriander
- ¼ tsp chilli powder
- 1 tsp salt
- 2 tbsp ground almonds
- 1 tbsp sugar (optional for sweetness)
- A small handful of almond flakes, to garnish

Preparation

1. In a small bowl, combine the yoghurt with the garlic and ginger pastes. Place the chicken thighs in a non-reactive container with a lid (for example, stainless steel, ceramic, or glass) and spoon over the marinade, making sure that every surface of the chicken is covered. Cover the container and place in the refrigerator for 30 minutes.
2. Gently warm the milk in a pan (where possible, avoid using non-stick cookware). Do not boil the milk; it should only be tepid as you do not want to scald the saffron. Touch the surface of the milk to check the temperature, then when the milk is tepid, take off the heat, add the saffron strands and leave to infuse.
3. In a deep pan or wok that has a lid, heat the vegetable oil over a medium-high heat. Add the onions to the pan and fry gently, stirring occasionally, until golden brown and caramelized. Using a slotted spoon, remove the onions from the pan, leaving as much of the oil in the pan as possible to cook the other ingredients, and place on a plate to drain. Spread the onion rings across the plate so they crisp as they cool.

Recipe continues on the next page



Zafran Murgh Korma

Makes 4 portions as a main course or 8 as part of a multi-course meal

Preparation time: 80 minutes (including 30 minutes for chicken marination)

Season: All year round

A main course from
Asma Khan

Preparation (cont.d)

4. Add the whole garam masala to the same pan and oil used to fry the onions. After a few seconds, add the ground coriander and continue to cook, stirring. After 1 minute, add the marinated chicken to the pan along with the marinade from the container. Keeping the heat on medium-high, continue stirring gently. After 5 minutes, or when the oil separates from the yoghurt and comes to the surface, add the chilli powder and salt. Lower the heat, cover the pan with the lid and simmer gently for 35 minutes. The chicken is ready when the edges have softened and are slightly curled.
5. Remove the pan from the heat. Add the saffron-infused milk, ground almonds and sugar. Stir the softened chicken gently to avoid breaking it up.
6. Before serving, taste to check the seasoning and adjust as necessary. Garnish with the flaked almonds and the fried onions. Enjoy with naan, rice and/or seasonal vegetables.

Cook's tip

Always use full fat yoghurt, a fat content of 10% is ideal. Low fat yoghurt will split and ruin your texture and flavour.

Why this is good for you?

Chicken is a healthy source of protein, an important part of a balanced diet and key to building and maintaining all types of body tissue, including muscle.



full.

Peperonata Pasta

created for you by **Melissa Hemsley**

Peperonata Pasta

Makes 4 portions

Preparation time: 30 minutes

Season: May to September
(Summer)

A main by **Melissa Hemsley**

"This makes enough sauce to satisfy four people generously. Even if cooking for just you or for two, I'd recommend making the full amount of sauce – it can be spooned over toast, tossed through beans or enjoyed as a base for baked eggs, shakshuka-style."

Ingredients

- 5 tbsp (75ml) olive oil, plus extra for drizzling
- 2 red onions, finely sliced
- 4 red peppers, finely sliced
- 4 garlic cloves, finely sliced
- Pinch of chilli flakes
- 1 x 400g carton/jar of chopped tomatoes
- 2 tbsp capers
- 350g dried orzo
- 2–3 tbsp red wine vinegar, to taste
- Sea salt and black pepper

To serve

- 1 large handful of fresh basil leaves
- Grated Parmesan

Preparation

1. Heat the olive oil in a large pot (where possible, avoid non-stick cookware) and, once warm, add the onions, peppers and a pinch of salt and pepper. Cover and cook over a medium-low heat for 15 minutes, stirring every so often.
2. Add the garlic and chilli flakes and fry for a minute or two until fragrant, then add the chopped tomatoes and capers. Bring to the boil, then reduce to a simmer and cook (uncovered), stirring occasionally, for 15 minutes.
3. Meanwhile, bring a large pot of salted water to the boil and cook the orzo until al dente. Reserve a big mug of pasta water, then drain the orzo.
4. Taste the sauce for seasoning, adding the red wine vinegar to taste.
5. Add the orzo, along with a splash of the reserved pasta water and toss. Serve straight away with the basil, grated Parmesan and an extra drizzle of olive oil.



This sauce freezes well for when you're looking for a late-night pasta fix.

Why this is good for you?

Red peppers are good sources of **carotenoids**, which are substances found in fruits and vegetables that act as a type of antioxidant, are known for their positive health benefits, and may reduce the risk of breast cancer.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

White Chicken Chilli

created for you by **Melissa Hemsley**

White Chicken Chilli

Makes 4 portions

Preparation time: 1 hour 10 minutes

Season: May to September
(Summer)

A main course from Melissa Hemsley

"A tomato-less chilli, hence the name 'white chilli'. I use yellow peppers here to keep the chilli 'white' but use whatever colour you can find. I like to serve the toppings separately and let everyone help themselves."

Ingredients

- 4 bone-in, skin-on chicken thighs
- 2 tbsp (30ml) olive oil, plus extra if needed
- 2 onions, finely chopped
- 2 yellow peppers, diced
- 4 garlic cloves, finely sliced
- 2 tsp ground cumin
- 1 tsp dried oregano
- ¼ tsp cayenne pepper or chilli flakes, to taste
- 1.2 litres low-salt vegetable or chicken stock
- 800g white beans from a glass jar, drained and rinsed
- 200g frozen sweetcorn
- Juice of 1 lime, plus a little zest if you like
- Sea salt and black pepper

Optional toppings:

- Soured cream or yoghurt
- Fresh coriander and/or spring onions, sliced
- Sliced avocado
- Sliced radishes or cucumber
- Lime wedges
- Jarred jalapeño slices or chilli flakes

Preparation

1. Season the chicken thighs on both sides with salt.
2. Heat the olive oil in a large pot (where possible, avoid non-stick cookware) and, once warm, add the chicken thighs, skin-side down. Cook for 10–12 minutes over a medium-high heat until very well browned, then turn and cook on the other side for 2–3 minutes. Lift out of the pot and set aside on a large plate.
3. The chicken should have given out plenty of fat but if not, add a splash of olive oil to the pot and, once warm, add the onions, peppers and a pinch of salt and pepper. Fry for about 12 minutes over a medium heat until very soft, stirring every so often.
4. Add the garlic, fry for a minute, then add the cumin, oregano and cayenne or chilli flakes and fry for 2 minutes, stirring regularly.
5. Return the chicken thighs to the pot and pour in the stock. Simmer for 25 minutes, then add the beans and continue to cook for another 10 minutes.

Recipe continues on the next page



White Chicken Chilli

Makes 4 portions

Preparation time: 1 hour 10 minutes

Season: May to September
(Summer)

A main course from
Melissa Hemsley

Preparation (cont.d)

6. Remove the chicken thighs once cooked through and take the meat off the bones and shred. Set aside, discarding the chicken skin if you wish.
7. Use a potato masher or the back of your wooden spoon to crush roughly a third of the beans (this will help thicken the chilli).
8. Add the frozen sweetcorn, then cook for 5 minutes or so until tender.
9. Remove from the heat, add the chicken, lime juice, plus a little zest if you like, and taste for seasoning.
10. Ladle into bowls and finish with the toppings you like.

Cook's tip

In terms of the beans, you can use whatever white beans you like, such as cannellini, or butter beans if you want something a little creamier.

Why this is good for you?

Yellow peppers are good sources of carotenoids, a type of natural pigment found in fruits and vegetables that *may reduce the risk of breast cancer*.

Chicken is a healthy source of protein, an important part of a balanced diet and key to building and maintaining all types of body tissue, including muscle.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Shakshuka

a good main course

Shakshuka

Makes 2 portions
Preparation time: 20 mins
Season: June to September
(Summer/Autumn)

Ingredients

- 2 red bell peppers
- 2 red onions
- 1 red chilli (or a tsp of chilliflakes)
- 1 garlic clove
- 500g tomatoes
- 1 tbsp olive oil
- 1 tsp sugar
- 1 tsp cumin
- 2 tsp paprika
- 4 eggs
- Small bunch of coriander
- Pinch of salt to taste
- Pinch of pepper to taste

Method

1. Chop and dice all your vegetables.
2. Heat the oil in a frying pan (where possible, avoid using non-stick cookware) that has a lid, then soften the peppers, onions, chilli, and garlic for 5 minutes until soft. Stir in the tomatoes, sugar and other seasonings, then bubble for 8-10 mins until thick.
3. Make 4 dips in the sauce using back of a large spoon, then crack an egg into each one.
4. Put a lid on the pan, then cook over low heat for 6-8 minutes until eggs are done to your liking (you can transfer oven if like it bit crispier instead but will take tad longer, around 12-14 minutes).
5. To serve, finely chop the coriander leaves and scatter. Then serve with crusty wholemeal bread for dipping.
6. This meal can be frozen for up to one month and reheated.

Why this is good for you?

Shakshuka is an easy and healthy recipe from Israel and other parts of the Middle East and North Africa, that's become popular in Europe. It's a simple combination of tomatoes, onions, garlic, spices and gently poached eggs. It's definitely a recipe you'll make time and again as a family favourite for breakfast, lunch and even brunch! The tomatoes and peppers in this recipe contain key carotenoids such as lycopene and beta-carotene, which have been linked with a reduced breast cancer risk, especially when you eat lots of them.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Spinach Flatbreads / Turkish Pide

a good main course

Spinach Flatbreads / Turkish Pide

Makes 8 portions
Preparation time: 2.5 hours
Season: April to October
(Spring/Summer/Autumn)

Ingredients

For the dough:

- 14g dry yeast
- 125g water
- 1 tsp sugar
- 125ml low-fat milk (or plant-based alternative)
- 500g wholemeal flour
- 1 tsp salt
- 4 tbsp olive oil

For the spinach feta filling:

- 500g fresh spinach - washed and dried
- 1 large onion
- 1 tbsp olive oil
- 1/2 tsp black pepper
- 1 tsp dried oregano
- 8 fresh mint leaves or 1 tsp dried
- 200g feta cheese or low-fat Greek cheese

To brush:

- 1 egg

Method

Dough:

1. Mix the yeast with the water and sugar, then mix in the milk, flour, salt and oil. Knead the dough with your hands for about 7-9 minutes to form a smooth, no longer sticky dough. Use a machine if you have one. Shape it into a ball and let it rise in a covered bowl for at least one hour.

Spinach feta filling:

2. Cut the spinach into fine strips. Peel and finely cube the onion. Heat the oil, in a pan (where possible, avoid using non-stick cookware), over medium-high heat and fry the onion for about 3-4 minutes. Add the spinach and fry it until the remaining water is almost gone. Season the spinach with the pepper, oregano and finely chopped mint leaves or dry mint.
3. Leave the filling to cool for 25 minutes, then add the crumbled feta cheese/low-fat Greek cheese.

The pide:

4. Preheat your oven to 200°C/180°C fan/gas mark 6.
5. Divide the dough into 16 pieces of about 50g each, and shape them balls. On a floured work surface, roll balls long oval using rolling pin. Spread 3 tsps spinach filling on top, in centre. Leave an approximately cm wide border around outside. First, press ends together to form points then fold sides towards middle.
6. Place the pide on a baking tray (where possible, avoid using non-stick cookware). Beat egg fork and brush pastry it. Bake in oven for 15-20 minutes until golden brown. Eat while they are still warm.

Why this is good for you?

Turkish pide, is an oval flatbread stuffed with many fillings. This recipe for vegetarian pide, made with feta cheese and spinach, is a great dish the whole family will love. Spinach leaves are rich in carotenoids such as lutein and β -carotene. Carotenoids act as an antioxidant for humans and have also been linked with a reduced breast cancer risk, especially when you eat lots of them!





Quick and Sticky Teriyaki Salmon

a good main course

Quick and Sticky Teriyaki Salmon

1 portion
Preparation and cooking
time: 30 mins
Season: All year round

Ingredients

- 1 salmon fillet
- 2 tbsp honey
- 3 sprays of olive oil
- 4 tbsp light soy sauce
- 2 garlic cloves/1 tsp garlic puree
- Half a mug wholemeal brown rice
- Your choice of vegetables to roast
- Covered ovenproof glass dish
- Sesame seeds (optional)

Preparation

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Lightly spray the inside of a covered oven proof dish with olive oil before placing the salmon in the centre. Then pour on your light soy sauce and honey, and place garlic on top. Cover with the lid.
3. Add seasonal vegetables of your choice to your dish, spray your chosen vegetables with olive oil, and move them around so they are coated. Then pop it all in the oven for 20 minutes.
4. While the salmon is in the oven, prepare the rice. Add three cups of water to a saucepan and bring to a boil. Rinse your rice under the tap in a colander or sieve. Then add the rinsed rice to the saucepan with boiling water. Where necessary, reduce the temperature to prevent the water overflowing and boil for around 20 minutes or see instructions on the package.
5. To serve: If timed perfectly, all the parts of the recipe should be finished at the same time! Drain your rice and place into a pasta dish. Then pop your salmon fillet on top of the rice and layer your vegetables. Any excess sticky sauce from your dish, from where the salmon was cooked, can be drizzled over the top. Finally, for that 'Master Chef' touch, sprinkle a few sesame seeds on top! Voila!

Why this is good for you?

This yummy, sticky and quick salmon dish will manage any cravings you have. Fish is a great swap with all the added benefits! This is one dinner you'll definitely want in your recipe rotation — it will soon become a family favourite. This recipe (although for one) can be tailored for more people, just double/triple etc. the ingredients. We recommend choosing organic salmon or Aquaculture Stewardship Council (ASC) salmon to avoid pesticides.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Homemade Pumpkin Gnocchi with Sage Butter Sauce

a good main course

Homemade Pumpkin Gnocchi with Sage Butter Sauce

6 portions

Preparation time: 60 mins

Season: September to December (Autumn/ Winter)

Ingredients

For the gnocchi:

- 900g pumpkin – peeled, de-seeded and cut into small cubes
- 75g finely grated parmesan (plus extra for serving)
- ½ tsp nutmeg
- 1 egg – lightly beaten
- 300g wholemeal flour (plus extra for dusting)
- Salt and pepper

For the sage butter sauce:

- 75g salted butter
- 1 big handful (30g) sage leaves

Preparation

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Prepare the pumpkin (peel, de-seeded and cut into small cubes), then place it onto a lightly greased baking tray (where possible, avoid using non-stick cookware) and roast in the oven for 35-40 minutes, turning it once halfway. Remove from the oven and let cool.
3. When the pumpkin is still warm (not hot or cold) mash the pumpkin using a potato masher.
4. In a large bowl, combine the pureed pumpkin, parmesan, nutmeg and egg, and season with salt and pepper. Slowly add the wholemeal flour, using a wooden spoon to mix to a soft dough ball, without overmixing it (you can also use your washed hands to mix if you prefer). Cover the bowl and leave the dough to rest for 10 minutes.
5. Lightly dust some flour on your worktop, take the dough out of the bowl onto your worktop, and cut into 4. Roll each piece into thick sausages (approx. 1.5cm wide). Cut each sausage into bite-sized pieces (approx. 2cm) keeping them spaced out. You can add ridges to your gnocchi using the back of a floured fork.
6. Bring a large pot of lightly salted water to a boil. Cook the gnocchi in small batches until they rise to the surface and float (1-2 minutes). Scoop out using a slotted spoon. Cook all the gnocchi.

Recipe continues on the next page



Homemade Pumpkin Gnocchi with Sage Butter Sauce

6 portions

Preparation time: 60 mins

Season: September to December (Autumn/ Winter)

Ingredients

For the gnocchi:

- 900g pumpkin – peeled, de-seeded and cut into small cubes
- 75g finely grated parmesan (plus extra for serving)
- ½ tsp nutmeg
- 1 egg – lightly beaten
- 300g wholemeal flour (plus extra for dusting)
- Salt and pepper

For the sage butter sauce:

- 75g salted butter
- 1 big handful (30g) sage leaves

Preparation (*cont.d*)

7. In a separate large pan, melt the butter on medium heat and add the sage (either whole or pulled apart). Cook the butter and sage for about 3-4 minutes, making sure to keep stirring with a wooden spoon regularly.
8. Add the gnocchi to the pan with the butter and sage, and fry for a few minutes, until the gnocchi are golden all over.
9. Serve the gnocchi with the sage butter sauce poured over, and season with some black pepper and grated parmesan cheese.

Why this is good for you?

Pumpkin contains carotenoids, a plant compound responsible for certain fruits and vegetables' bright red, yellow, orange and purple colours. Carotenoids act as antioxidants for humans and may help to reduce the risk of breast cancer.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

a good dessert



Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Saffron Panna Cotta Pots & Poached Pears

created for you by **Bettina Campolucci Bordi**

Saffron Panna Cotta Pots & Poached Pears

Makes 4 portions

Preparation time: 3 hours
(including setting time)

Season: September to
February (Autumn/Winter)

A dessert by **Bettina Campolucci Bordi**

"Saffron reminds me of Sweden and panna cotta is one of my all-time favourite desserts. So why not marry those two together? The poached pear cuts through the creaminess and also adds an additional layer of colour."

Ingredients

For the poached pears:

- 2 pears, peeled
- Poaching liquid (water)
- Juice of 1 lemon
- 5 tbsp (70g) caster (superfine) sugar
- 1/2 beetroot, peeled and diced, or
1 tbsp (12.5g) beetroot powder

For the panna cotta:

- 1 litre (34 fl oz) coconut milk (use the carton variety where possible)
- 1 vanilla pod (bean), split and the seeds scraped out, or 1 tsp (5ml) vanilla paste/extract
- 3 tbsp (45ml) maple syrup
- A pinch of saffron
- 2 tbsp (30ml) agar agar

Suggested Toppings:

- Toasted nuts (such as almonds and walnuts)
- Edible flowers (such as cornflowers, nasturtiums and violets)

Preparation

1. Add the pears to a small saucepan (where possible, avoid using non-stick cookware) and cover with poaching liquid.
2. Add the lemon juice, sugar and diced beetroot (the beetroot is purely to give the pears a lovely pink colour once they are cooked).
3. Simmer for 30 minutes and allow to cool.
4. Slice the pears into quarters lengthwise and keep in the fridge until you're ready to serve. You could keep them in the poaching liquid overnight.
5. To make the panna cotta, add the coconut milk to a pan and heat gently. Add the vanilla, maple syrup and saffron. Then sprinkle the agar agar on top of the liquid and heat through without stirring.
6. Bring it to a simmer, whisking to let the agar agar dissolve fully. Once the mixture has come to a boil, remove from the heat.
7. Pour the panna cotta mixture into serving glasses and set aside to cool. Once cooled, place in the fridge to set for a few hours.
8. Just before serving, place the poached pears on top of each panna cotta and sprinkle with toasted nuts or choice of edible flowers.

**Chef's
tip**

Make this delicious dessert in the morning or the day before, ready to serve in the evening.

Why this is good for you?

Pears are rich in fibre and contribute to your 5-a-day. A diet high in fibre, fruit and vegetables may help reduce the risk of breast cancer.



A top-down view of a white ceramic bowl filled with a dessert. The base is a thick layer of bright green, chunky lime yoghurt. On top of the yoghurt are several slices of baked peach, which appear soft and slightly caramelized. A generous layer of golden-brown, crumbly pistachio crumble is sprinkled over the peaches and yoghurt. The bowl is set against a dark, textured background. Overlaid on the center of the bowl is a circular logo. The word "full." is written in a large, white, lowercase sans-serif font in the center of the circle. Around the perimeter of the circle, the phrase "Good food. Good company. A good cause." is repeated twice in a smaller, white, sans-serif font, following the curve of the circle.

Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Baked Peaches With
Pistachio Crumble &
Lime Yoghurt

created for you by Rob Hobson

A top-down view of a white ceramic bowl filled with a dessert. The base is a thick layer of bright green lime yoghurt. On top of the yoghurt are several slices of baked peach, which appear soft and slightly caramelized. Scattered over the peaches and yoghurt is a generous amount of golden-brown pistachio crumble. The crumble has a coarse, clumpy texture. In the center of the bowl, there is a circular logo. The logo consists of a thin white line forming a circle. Inside the circle, the word "full." is written in a large, white, lowercase sans-serif font. Around the inner edge of the circle, the phrase "Good food. Good company. A good cause." is repeated in a smaller, white, sans-serif font, following the curve of the circle. The background is a solid, muted teal color.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Baked Peaches With
Pistachio Crumble &
Lime Yoghurt

created for you by Rob Hobson

A top-down view of a white ceramic bowl filled with a dessert. The base is a thick layer of bright green lime yoghurt. On top of the yoghurt are several slices of baked peach, which appear soft and slightly caramelized. Scattered over the peaches and yoghurt is a generous amount of golden-brown pistachio crumble. The crumble has a coarse, clumpy texture. In the center of the bowl, there is a circular logo. The logo consists of a thin white line forming a circle. Inside the circle, the word "full." is written in a large, white, lowercase sans-serif font. Around the inner edge of the circle, the phrase "Good food. Good company. A good cause." is repeated in a smaller, white, sans-serif font, following the curve of the circle. The background is a solid, muted teal color.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Baked Peaches With
Pistachio Crumble &
Lime Yoghurt

created for you by Rob Hobson

Baked Peaches With Pistachio Crumble & Lime Yoghurt

Makes 4 portions
Preparation time: 30 mins
Season: June to August
(Summer)

A dessert by
Rob Hobson

"This simple summer dessert delivers big on taste and texture without being overly sweet or heavy. The natural sugars in the peaches caramelise beautifully, while the oat and pistachio crumble adds fibre and crunch. It's a delicious way to tick off one of your 5-a-day and still feel like you're having a treat."

Ingredients

- 4 large ripe peaches, stoned and sliced into eighths
- 2 tbsp honey (or maple syrup)
- 150g Greek yoghurt (or coconut yoghurt)
- Zest and juice of ½ lime

For the crumble:

- 100g large porridge oats (gluten-free)
- 50g pistachio nuts, crushed
- 25g wholemeal flour (or ground almonds/gluten free flour)
- 1 tbsp olive oil
- 2 tbsp runny honey (or maple syrup)
- Pinch of ground cinnamon

Preparation

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Put the peach slices and honey into a bowl and mix well. Arrange in a glass baking dish (where possible, avoid non-stick cookware), flat side up.
3. Mix the crumble ingredients together in a bowl using your fingers until combined.
4. Scatter over the peaches and bake for 20 minutes until golden and crisp.
5. Meanwhile, mix the Greek yoghurt with lime zest and juice.
6. Serve the peaches warm with a spoonful of lime yoghurt and any extra crumble from the dish.

Chef's
tip

Layer the leftover crumble and peaches with Greek or coconut yoghurt in a glass for a high-fibre, high-flavour breakfast. Add a drizzle of nut butter or seeds for extra texture.

Why this is good for you?

Peaches are good sources of **carotenoids**, substances found in fruits and vegetables that are known for their positive health benefits, and may reduce the risk of breast cancer.



A hand is holding a clear glass filled with a light-colored smoothie. A blue and white striped straw is inserted into the smoothie. The background is a soft-focus image of a person's face, partially obscured by a dark teal overlay.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Salted Caramel Smoothie

created for you by **Emma Bardwell**

Salted Caramel Smoothie

Makes 1 portion
Preparation time: 5 minutes
Season: All year round

A dessert by
Emma Bardwell

"This is an all-time fave smoothie that boasts plenty of protein - with no protein powder - and over a third of your daily fibre needs. It tastes like dessert but is nutritious enough to set you up for breakfast, brunch or post workout."

Ingredients

- 250ml milk of choice (I used unsweetened soya)
- 100g authentic Greek yoghurt (or soya-based yoghurt)
- 1 small frozen banana (or use fresh + ice cubes)
- 30g shelled hemp seeds
- 1 Medjool date
- 15g raw cacao powder
- 1/4 tsp cinnamon
- Pinch of sea salt
- Ice cubes (optional)

Preparation

1. (Optional) Soak the date in hot water for 5 minutes.
2. Mix all the ingredients together in a blender. For the best results, liquids should go in first, followed by softer ingredients, seeds and powders, followed by frozen ingredients.
3. Pour into a glass and enjoy!

Chef's tip

Use your milk of choice and adjust measurements according to how thick or runny you like your smoothies to be. Adding in ice cubes helps make a creamier, thicker and smoother consistency perfect for a more indulgent-feeling dessert... assuming your blender is up to the job!

Why this is good for you?

Hemp seeds and Medjool dates are rich in fibre. A diet high in fibre is associated with a decreased breast cancer risk.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Beetroot Brownies

a good dessert

Beetroot Brownies

Servings: 20
Preparation time: 1 hour
Season: July to February
(Summer/Autumn/Winter)

Ingredients

- 375g raw beetroot (around 3 medium beets)
- 250g dark chocolate (70% cacao) – chopped
- 250g unsalted butter – cut into cubes
- 1 tsp vanilla extract
- 3 medium eggs
- 250g caster sugar
- 150g wholemeal self-raising flour
- 1 tbsp cocoa powder

Preparation

1. Preheat your oven to 180°C/160°C fan/gas mark 4.
2. Prepare the beetroot by trimming off any leaves, then peel and cut into quarters; you can wear gloves to stop your hands from staining. Add the beetroots to a saucepan filled with water and bring to a boil. Boil on medium heat, half covered, for around 30 minutes, until soft.
3. While the beetroots cook, roughly chop the chocolate, and cut the butter into cubes. Grease a 20cm square cake tin (where possible, avoid using non-stick cookware).
4. When the beetroots are cooked, remove from the heat, and tip into a sieve to drain any excess liquids. Put the beetroots, chocolate, butter and vanilla into a food processor or blender. Whizz until the mix is as smooth as possible – the chocolate and butter will melt during the process.
5. In a large bowl, whisk the eggs and sugar together until thick and creamy. Spoon the beetroot-chocolate mix into the bowl and fold into the whisked eggs until combined. Sift in the flour, then gently fold in to make a smooth batter.
6. Pour the brownie mix into the tin. Spread out so the surface is even, then bake for 20-30 minutes, until only a few moist crumbs remain when you poke with a knife or skewer. Don't overcook, or the brownies will be dry.
7. Remove the brownies from the oven and let them cool completely. Dust with cocoa powder and cut into squares.

Why this is good for you?

Bursting with rich dark chocolate and vibrant beetroot, these delicious treats are a hit for all, appealing to both the young and young at heart. *Beetroots are good sources of carotenoids, substances found in fruits and vegetables that are known for their positive health benefits, and may be associated with a reduced risk of breast cancer. Dark chocolate is a source of polyphenols, compounds with an antioxidant and anti-inflammatory effect that may reduce the risk of breast cancer.*





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Apricot Ricotta Tart

a good dessert

Apricot Ricotta Tart

Makes one tart
Preparation time: 40 mins
Season: May to August
(Spring/Summer)

Ingredients

For the tart filling:

- 10 apricots
- 100g ricotta
- 2 tbsp brown sugar

For the shortcrust pastry:

- 240g wholemeal flour and extra to roll out dough
- 100ml olive oil
- 100ml water
- 1 pinch of salt

Alternative:

- Buy a pre-made shortcrust pastry block (try avoiding the rolled sheet as they often come with greaseproof paper)

Preparation

1. Preheat your oven to 200°C/180°C fan/gas mark 6.

To make the shortcrust pastry:

2. In another bowl, mix the ricotta with the egg and sugar. Wash the apricots, cut them in half, remove the stones, and cut into wedges (can be used to form one or two tartlets).
3. Slowly add the water little by little. You should end up with a compact and thick ball.
4. Cover the salad bowl with a cloth and let sit at room temperature for 5-10 minutes.

In the meantime:

5. In another bowl, mix ricotta with egg and sugar. Wash cut half apricots, remove stones, apricots into wedges.
6. When the dough has sat for 5-10 minutes, spread some extra flour on your worktop and roll out into a large disc. Carefully transfer it to lightly oiled tart pan, cut excess edges (can be used form one or two tartlets).
7. Pre-cook (blind bake) the pastry for 5 minutes in the oven.
8. Spread the ricotta mixture onto the pastry, then add the apricots on top.
9. Bake in the oven for 25-30 minutes. If the tart isn't golden enough, cook a little longer. Let it cool down and serve.

Why this is good for you?

A beautiful and delicious dessert made with **sweet apricots** and a **creamy almond ricotta filling**, a **perfect match**. Apricots are a great source of carotenoids, which are thought to have cancer-preventing properties and may help prevent the development of breast tumours. This recipe uses wholemeal flour, which has a higher fibre content than all-purpose white flour. A diet high in fibre is associated with a decreased risk of breast cancer.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Dark Chocolate Mousse

a good dessert

Dark Chocolate Mousse

6 portions
Preparation time: 10 mins
Setting time: 2 hours
Season: All year round

Ingredients

- 200g dark chocolate
- 6 eggs
- Dark chocolate shavings – for topping

Optional:

- A handful of Oreo cookie crumbs

Preparation

1. In a medium bowl, melt the dark chocolate over a bain-marie (place the bowl over a simmering pot of water, the bowl should not touch the surface of the water).
2. Separate the egg yolks from the white. Put the egg whites in a separate large mixing bowl and combine the yolks with the melted chocolate.
3. Whisk the whites until the mixture forms stiff peaks when you lift the whisk out (around 30 seconds).
4. Using a spatula or a large spoon, delicately fold the egg whites into the melted chocolate mixture, working fast enough so the chocolate doesn't cool and harden.
5. Distribute the chocolate mousse into 6 glasses or ramekins and let set in the fridge for at least 2 hours.
6. Serve each dark chocolate mousse with a scoop of Oreo cookie crumbs (optional) and dark chocolate shavings on top.

Why this is good for you?

Eggs are a healthy source of protein. Protein is an important part of a balanced diet and is key to building and maintaining all types of body tissue, including muscle.

Dark chocolate is a source of polyphenols, compounds with an antioxidant and anti-inflammatory effect that may reduce the risk of breast cancer.



let's drink...

A glass of a mint cocktail with ice and a straw, overlaid with text. The glass is filled with a light-colored liquid, ice cubes, and fresh mint leaves. A red straw is inserted into the drink. The background is dark and out of focus, with some bokeh light effects. The text "full." is prominently displayed in the center, surrounded by a circular border containing the phrase "Good food. Good company. A good cause." repeated twice.

Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

a good cocktail

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Golden Glow

created for you by **Camille Vidal**
in collaboration with Mother Root

Golden Glow

Makes 1 serving
Preparation time: 5 mins
Season: All year round

An alcohol-free mindful cocktail by Camille Vidal

"I've created a celebratory mindful cocktail with character – something to wake up the taste buds and light up the room! Mother Root is a stunning drink with a punch, so I wanted to complement its flavours while keeping it approachable."

Ingredients

- 10ml Mother Root Ginger
- 10ml orange juice
- 10ml carrot juice
- Dash of orange bitters (optional)
- Top up with non-alcoholic sparkling Chardonnay

Preparation

1. Build the cocktail directly in a glass over ice.
2. Gently mix with a bar spoon to combine all ingredients.

More about Mother Root

Mother Root makes apple cider vinegar-activated non-alcoholic aperitifs that serve you up a dose of good feelings. We're here to redefine what it means to drink well and feel good by creating flavour-full, strong (not soft) drinks that are perfect for your end-of-the-day ritual.

Fiery and fresh, Mother Root Ginger is our original feel-good, non-alcoholic aperitif. Inspired by age-old methods of aperitif wine making — maceration, blending and sweetening for balance — we use apple cider vinegar, ginger and honey to make a complex, bold and totally unique drink.

For 15% off all Mother Root products, visit <https://www.motherroot.london/> and use our exclusive discount code, BREASTCANCERUK15 (one use per customer).

Mixologist's tip

Serve in a coupe glass with a beautiful orange and rosemary-infused ice cube for an elevated and visually stunning experience.

Why this is good for you?

This cocktail is completely alcohol-free. Choosing non-alcoholic options can be very beneficial for your wellbeing and, most importantly, can reduce your risk of breast cancer.





Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Floral Friends

created for you by **Camille Vidal**

Floral Friends

Makes 1 serving
Preparation time: 5 mins
Season: All year round

An alcohol-free mindful cocktail by Camille Vidal

"A toast to connection, care, and community."

"This one's for the girls who lift each other up — with love, laughter, and beautiful booze-free cocktails."

Ingredients

- 50ml (2oz) non-alcoholic pink gin
- 25ml (1oz) loose-leaf hibiscus tea (brewed strong & cooled)
- 15ml (0.5oz) fresh lemon juice
- 15ml (0.5oz) rose syrup (if you have time, try making your own rose & pink peppercorn syrup using the recipe on the next page*)

For shaken version:

- 20ml (1 tbsp) aquafaba from a glass jar of chickpeas

For spritz version:

- Non-alcoholic sparkling wine

For garnish:

- Rose petals
- Pink peppercorns

Preparation (shaken version)

1. Add all base ingredients to a shaker along with the aquafaba and dry shake (no ice) to get it light and fluffy.
2. Add ice and shake again until well chilled.
3. Strain into a coupe and garnish with rose petals and a few pink peppercorns.

Preparation (spritz version)

4. Build up all the base ingredients into a wine glass over ice.
5. Top up with non-alcoholic sparkling wine for a sparkling floral sip.
6. Garnish with rose petals and a few pink peppercorns.

Recipe continues on the next page



Floral Friends

Makes 1 serving
Preparation time: 5 mins
Season: All year round

An alcohol-free mindful cocktail by Camille Vidal

Ingredients

For the rose and pink
peppercorn syrup:

- 100ml water
- 100ml honey (or agave for vegan)
- 1 tsp dried rose petals or 1 tsp rose water
- ½ tsp pink peppercorns, lightly crushed

Preparation (cont.d)

For the rose and pink peppercorn syrup*

1. Combine water and your chosen sweetener in a small pan (where possible, avoid non-stick cookware) over low heat. Stir until fully dissolved.
2. Add the rose petals (or rose water) and crushed pink peppercorns.
3. Simmer gently for 5 minutes, then remove from heat.
4. Let it infuse for 15 minutes for maximum flavour, then strain into a clean glass bottle.
5. Store in the fridge for up to 2 weeks.

Mixologist's tip

If using rose water instead of petals for the syrup, add it at the end of the infusion once the syrup has cooled slightly to keep the floral notes fresh.

Why this is good for you?

This cocktail is completely alcohol-free. Choosing non-alcoholic options can be very beneficial for your wellbeing and, most importantly, can reduce your risk of breast cancer.



full.

Appletini

a good cocktail

Appletini

Makes 2 cocktails
Preparation time: 10 mins
Season: September to
February (Autumn/Winter)

Ingredients

- 60ml Apple juice
- 50ml alcohol-free tequila
- 1 lemon
- Soda Water
- Apple Slices — for garnish

Tip: Store your ingredients in the fridge before preparation, including the glasses.

Preparation

1. Start by pouring 50ml alcohol-free tequila into a refrigerated martini glass, add the apple juice, top with soda water and garnish with a fan of apple slices.
2. Peel the zest from a lemon and twist to mist the glass before serving.
3. Best served chilled, no ice.

Tip: When cutting apple slices for garnish, dip the slices in lemon juice before adding to the glass. This will preserve the colour, keeping them from turning yellow or brown once exposed to oxygen.

Why this is good for you?

This cocktail is completely alcohol-free. Choosing non-alcoholic options can be very beneficial for your wellbeing and, most importantly, can reduce your risk of breast cancer.



Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

Pomegranate Pleaser

a good cocktail

Pomegranate Pleaser

Makes 2 cocktails
Preparation time: 10 mins
Season: October to April
(Autumn/Winter/Spring)

Ingredients

- Ice
- 50ml alcohol-free tequila
- 15ml pomegranate juice
- Top with sparkling water
- Mist with 1 squeeze of orange before serving

Preparation

1. Build in the glass (a tumbler works great) and serve with pomegranate jewels.

Why this is good for you?

This cocktail is **completely alcohol-free**. Choosing non-alcoholic options can be very beneficial for your wellbeing and, most importantly, can reduce your risk of breast cancer.



A glass of Virgin Mojito with mint leaves and a straw, overlaid with a circular text graphic.

Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

Virgin Mojito

a good cocktail

Virgin Mojito

Makes 1 cocktail
Preparation time: 10 mins
Season: June to October
(Summer/Autumn)

Ingredients

- Crushed ice
- 1 tsp sugar
- Small bunch of mint
- 3 limes, juiced
- Soda water

Preparation

1. Build in the glass (a tumbler works great). Add crushed ice, lime juice and soda water. Roll mint leaves between fingers and add to glass.
2. Stir drink and enjoy!

Why this is good for you?

This cocktail is **completely alcohol-free**. Choosing non-alcoholic options can be very beneficial for your wellbeing and, most importantly, can reduce your risk of breast cancer.



Meet the mixologist

Camille Vidal



Camille Vidal is a globally recognised mindful drinking expert, wellness advocate, and the founder of La Maison Wellness, a platform dedicated to inspiring balance and mindful living through the art of low- and no-alcohol mixology.

With a mission to redefine the way we drink, Camille blends her expertise as a trained mixologist with her passion for holistic wellness. She creates sophisticated and delicious alcohol-free cocktail recipes that focus on natural ingredients, seasonal flavors, and wellness-conscious choices.

A thought leader in the sober-curious movement, Camille empowers individuals to embrace mindful drinking as a cornerstone of their wellbeing. She has worked with leading brands and wellness festivals, delivering engaging workshops, stylish cocktail bars, and inspiring talks on the benefits of a balanced lifestyle.

Camille's work has been celebrated by international media, and she continues to innovate at the intersection of mindfulness, creativity, and hospitality. Whether crafting her signature cocktails, hosting events, or sharing her journey, Camille's passion lies in helping people live well, sip by sip.



Meet the chef

Rachel de Thample

Portrait by Cristian Barnett



Rachel de Thample is an award-winning author who has worked in food, health and sustainability for more than 20 years.

She teaches fermentation and seasonal nutrition courses at River Cottage in Devon, as well as Petersham Nurseries and the Plant Academy in London.

Rachel served as Course Director of the College of Naturopathic Medicine's Natural Chef diploma course in London, was the Head of Food for British organic retailer Abel & Cole and Commissioning Editor of Waitrose Food Illustrated magazine. Rachel has also studied sustainable food systems at University College London and was instrumental in setting up the award-winning Crystal Palace Food Market.

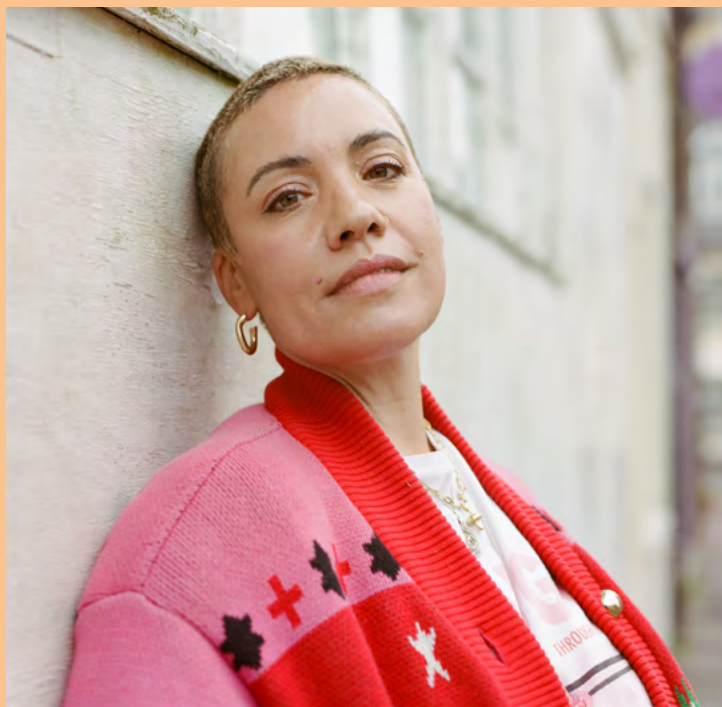
As well as being a regular contributor to The Simple Things magazine, Rachel has written six books including *Tonics & Teas*, *More Veg*, *Less Meat* and the *River Cottage Fermentation Handbook*, which won a Guild of Food Writer's Award.

Her latest book, *Winter Wellness*, another finalist in the Guild finalist, is packed full of nourishing recipes to keep you healthy when it's cold. According to René Redzepi, chef and co-owner of Noma, 'It's undoubtedly a remarkable addition to the world of cookbooks.'



Meet the chef

Gemma Ogston

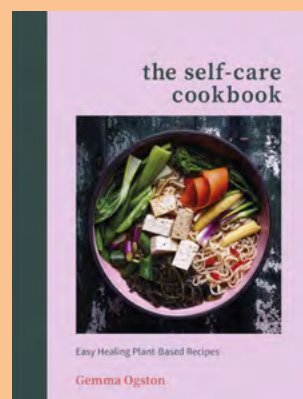
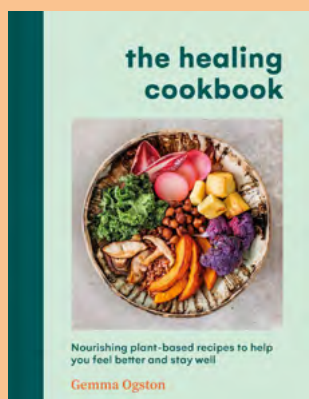


Gemma Ogston is a chef, recipe developer, and writer passionate about plant-based living and community wellness.

She founded Gem's Wholesome Kitchen, a Brighton-based food business she ran for 10 years, and now leads Gem's Community Kitchen, a public health initiative offering workshops and resources to help families eat well on a budget. With a background as an addiction counselor, Gemma transitioned into the food industry in 2015, first in Barcelona and later in Brighton. She collaborates with brands like Soho House, Farmacy, and Dorset Cereals, regularly appearing on BBC Saturday Kitchen, This Morning, and in leading publications like Stylist and Delicious Magazine.

Whilst living in Brighton with her teenage children, Gemma is pursuing personal projects, including an allotment and a Spanish apartment renovation.

An ambassador for Fareshare UK and Young Minds UK, Gemma is also the author of two Amazon bestsellers: The Self-Care Cookbook (2019) and The Healing Cookbook (2023), with a third book in development.



Meet the chef

Bettina Campolucci Bordi



Bettina Campolucci Bordi is on a mission to make sustainable, healthful eating accessible and enjoyable for everyone, guiding others to thrive through mindful and balanced nutrition.

Bettina's ethos has evolved to embrace a broader perspective on health, focusing on the nourishing potential of all natural foods, plant-based and beyond. Her food philosophy is rooted in the belief that food should be both delicious and healing, promoting overall well-being.

Through her cookbooks, online content, Wellness Retreats, and Chef Academies, Bettina inspires and educates on the importance of incorporating whole foods, seasonality, and local produce into our diets.

With a dedicated social media following, Bettina has authored three best-selling cookbooks that showcase not only plant-based recipes but also a holistic approach to wellness through food. *The Happy Foodie*, Bettina's first collection of easy yet delicious plant-based plates, was designed to put a smile on your face. Her second, *7 Day Vegan Challenge*, uses easy-to-find, affordable ingredients to create fast and fulfilling dishes; while her latest, *Celebrate*, is an inclusive guide for special occasions – whether you're catering to vegan, vegetarian, flexitarian or free-from guests.



Meet the chef

Helen Graham

Portrait by Chris Fynes



Helen Graham is a chef and food writer based in London. Drawing on her diasporic roots, she pioneers innovative vegetable-forward cooking inspired by cuisines across Eastern Europe, the Middle East and North Africa. Helen champions cooking on fire, and with her focus on sustainability, looks to create closed-loop menus, utilising the vegetable from root to leaf.

Her 10 years of restaurant experience includes stints at the Palomar and the Barbary, as well as the Ottolenghi test kitchen, where her recipes were published in the Guardian & Sweet. Helen then went on to become the executive chef of critically-acclaimed vegetarian restaurant Bubala.

Helen has put on banquets at Wilderness Festival & the Peligoni club, and her recipes have appeared in publications including House & Garden magazine, Vogue and The Financial Times. Helen has also done some TV, including an appearance on Sunday Brunch.

In 2022, Helen was nominated by Jay Rayner as one of six chefs to watch in the Observer Food Monthly Magazine. Since leaving Bubala in 2023, Helen has completed a residencies at Oranj, Carousel and Half Cut Market, as well as pop-ups in Tbilisi and Sri Lanka.



Meet the chef

Philli Armitage-Matin



Philli Armitage-Matin's experimental side might stem from her master's in chemistry, but the chef honed her deep understanding of classic culinary techniques under none other than Gordon Ramsay.

In 2018, Philli followed her passion for Asian food on a tour around the continent, where she took inspiration from this rich and varied culture, working at the esteemed Den in Tokyo as well as Haku in Hong Kong.

Since becoming a finalist of MasterChef: The Professionals in 2020 Armitage-Matin has been on a mission to push our understanding of flavour. While championing seasonal produce, the chef also loves playing with gut-healthy ingredients including fermented favourites like miso, kimchi and gochujang. In 2022, Armitage-Matin released her first cookery book, *Taste Kitchen: Asia*, to help people navigate the regional flavours that characterise Asian cuisine.

The book heightens our relationship with our palate by dividing it into six different personalities, revealing the relationships between flavours to help us understand how to satisfy our constantly evolving cravings. Armitage-Matin invites us to tend to our unique tastebuds with the help of more than 70 original recipes.



Meet the chef

Thomasina Miers

Portrait by Tara Fisher



Cook, writer and winner of MasterChef, Thomasina Miers OBE has made cheese in Ireland, cheffed with Skye Gyngell and in 2007, after living in Mexico for a year, co-founded Wahaca, a group of restaurants that has won numerous awards for its food and sustainability credentials.

In 2016 the whole restaurant group went carbon neutral.

Tommi's passion lies in food, soil and the environment. She helped set up Chefs in Schools in 2017, for which she is a trustee, a charity whose premise is to put trained chefs into school kitchens to transform how children on low incomes eat and feel about food. Both in her role as trustee to Chefs in Schools and co-founder of Wahaca, Tommi has understood the role that food businesses, both public and private, can have in transforming our food systems. She was awarded an OBE in 2019 for her services to the food industry.

Tommi has a regular column in the Guardian's Feast magazine and has written 8 cookbooks, including *Meat Free Mexican* and *Home Cook*. She regularly visits Mexico and can be founding cooking feasts and supper clubs in kitchens around the UK. She lives by the maxim that we can all look after ourselves and help shape a better planet by eating delicious, whole foods.



Meet the chef

Asma Khan



A force in London's culinary scene and an outspoken activist, Indian-born, British restaurateur Asma Khan has always been a disruptor. Her Michelin Guide-listed restaurant Darjeeling Express, best known for its revolutionary all-female kitchen, has become a favourite of Hollywood A-listers.

.....

Through serving authentic, homestyle food in the heart of London, her restaurant has reached the upper echelons of the food scene whilst, at its core, retaining Khan's unwavering commitment to grassroots social and environmental causes.

TIME magazine recognised her as one of 2024's 100 most influential people in the world for her pioneering business ethos. She is the chef advocate for the UN World Food Programme and a member of the Mayor of London's Business Advisory Board. Khan has been awarded honorary fellowships by Queen's College, Oxford University and King's College London, where she also holds a PhD in British Constitutional Law.

Khan was the first British chef to be profiled on Netflix's Emmy-nominated Chef's Table and has appeared in shows such as Celebrity Masterchef and Top Chef. She is currently working on Tiffin Stories, a six-part series on food and memories. Asma has written two award-winning cookbooks and is currently working on a third. She is a sought-after international keynote speaker.



Meet the chef

Briony May Williams

Portrait by Cíara Hillyer



After years of baking at home and cultivating her creativity and skill, Briony May Williams first came to the public's attention as she launched onto our screens on the 2018 series of The Great British Bake Off on Channel 4.

.....

Progressing to the semi-final, Briony's humour and warmth, coupled with her resilience and ingenuity, saw her become a firm favourite with the audience.

Briony is one of the presenters of Escape To The Country (BBC One) and one of the experts on Morning Live (BBC One). Other TV credits include Channel 4's Food Unwrapped and The Last Leg, and she's guest-hosted shows on BBC Radio Bristol and BBC Radio Somerset.

Briony has worked with top brands including Cuisinart, FitBit and KitchenAid, and has appeared at events such as The Cake and Bake Show and The Big Feastival.

A mindful drinking champion, Briony went sober in 2024 and decided to celebrate her journey by launching Gloriously Sober, a platform on which she authentically shares her own story in order to inspire others to discover the benefits of alcohol-free living.

In 2021 and 2022, Briony was named on The Shaw Trust's Disability Power 100 List of the UK's most influential disabled people.



Meet the chef

Emma Bardwell



Emma Bardwell is a registered nutritionist renowned for her evidence-based, no-nonsense approach to women's health. With a special interest in menopause, ageing well and overall wellbeing, Emma has built a reputation for cutting through diet myths and offering practical, compassionate guidance that empowers women to take control of their health.

.....

Her work blends the latest scientific research with real-world, sustainable strategies, making her a trusted figure for those seeking clarity in a sea of conflicting health advice.

Emma co-wrote *The Perimenopause Solution*, a critically acclaimed book that offers clear, actionable advice for navigating midlife changes. More recently, she published Sunday Times bestseller *The 30g Plan*. She is frequently featured in leading publications such as *The Times*, *The Telegraph*, *The Guardian*, *Vogue* and *Women's Health*, and regularly collaborates with healthcare professionals, brands, and wellness platforms to amplify accurate nutrition messaging.

Whether she's speaking at events, contributing to expert panels or working behind the scenes with clients, Emma remains dedicated to improving lives through evidence-based nutrition support. Her overarching mission is simple: to help women feel their best at every life stage.



Meet the chef

Dr Linia Patel



With a PhD in Public health and over 100 published articles on diet and health, Dr Linia Patel has a strong grounding in nutrition science. She is a British Dietetic Association Spokesperson and is regularly seen appearing on national TV and being quoted in the press as a nutrition expert, translating science into easy-to-digest and practical advice.

.....

Having also worked extensively in high performance sport, Linia is passionate about helping people thrive from the inside out. She spends her clinical time working with women (athletes, non-athletes and everything in between) helping them to better understand the powerful connection between how their body works and how to be the best version of themselves.

Linia does not take a “one size fits all” approach but sees everyone as an individual, helping them to get the results they want through a variety of methods centred around one that suits them the best.

Outside of work Linia is a big foodie and loves to socialise over good (and nutritious!) food. In 2024 she published her first book, Food for Menopause.



Meet the chef

Melissa Hemsley

Portrait by Sarah
Malcolm



Bestselling author Melissa Hemsley celebrates easy and accessible healthy food that everyone can enjoy, as well as a more sustainable way of eating.

.....

She began her food career as a private chef for actors and bands, including Take That, and has written and co-written five bestselling books, published internationally.

Melissa is a proud long-term supporter of food redistribution charity The Felix Project, and volunteers with them regularly to rescue surplus food and to cook for children and the vulnerable. She is an ambassador for Mental Health Mates, the Fairtrade Food Foundation and Women Supporting Women (The Prince's Trust), among others. Over the last 5 years, Melissa has been supporting The Food Foundation and School Food Matters and working on campaigns such as Feed the Future and Free School Meals.

Melissa regularly appears on daytime TV and radio and a host of other cookery and news shows, often speaking on behalf of the charity and community projects she works with. She lives in London with her partner and baby daughter.



Meet the chef

Rob Hobson

Portrait by Ola Smit



He works with a wide range of clients including charities, leading health and food brands, and private clients - ranging from top athletes to celebrities.

Rob also cooks for clients both at home and overseas. He is the author of *The Detox Kitchen Bible*, *Unprocess Your Life*, and most recently *Unprocess Your Family Life*, a guide to reducing ultra-processed foods in family diets. A regular on *This Morning*, Rob writes widely in the media and has regular columns in magazines such as *Women's Fitness*.

Rob Hobson (BSc, PGDip, MSc, RNutr) is a Sunday Times bestselling author and award-winning UK-based registered nutritionist with nearly two decades of experience.

.....



Meet the chef

Shelina Permalloo



British Mauritian chef Shelina Permalloo rose to fame after winning MasterChef 2012 and has since gained a huge following as a food influencer, restaurateur and author.

.....

By sharing her simple yet vibrant East African-inspired dishes, Shelina hopes to share her heritage with the world and give people confidence in their cooking ability.

Shelina is author of two cookery books, *Sunshine on a Plate* (2013) and *The Sunshine Diet* (2015).

In April 2016, Shelina launched her first restaurant, serving up Mauritian street food at the popular Lakaz Maman in Southhampton. The name translates to “mum’s house” in an ode to Shelina’s greatest cooking inspiration, and fittingly the restaurant was run by an all-female management team.

Since selling the restaurant in 2023, Shellina has been hosting talks at some of the nation’s biggest food events, as well as returning as a regular judge on BBC’s MasterChef and making additional TV appearances on shows such as John and Lisa’s Weekend Kitchen, What’s Cooking, Lorraine, This Morning, and Saturday Kitchen. She is also a regular panellist on BBC Radio 4 The Kitchen Cabinet, hosted by Jay Rayner.

