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B R E A S T C A N C E R U K ' S

SOUP ACROSS THE SEASONS

Delicious Recipes for Every
Season. Nourish Your Body,
Reduce Your Risk.

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HELLO SOUPS

Soups are one of the simplest and most nourishing ways to enjoy vegetables. They are comforting, simple to make and endlessly adaptable to the seasons. Whether blended smooth or left chunky and rustic, soups are a great, low-effort way to pack more plants into your day.

Soups offer an easy way to boost your intake of fibre, vitamins, minerals, and antioxidants. All of which support your overall health and may help reduce the risk of breast cancer. Choosing seasonal produce can help reduce costs and reduce pesticide residue, all while supporting a more sustainable way of eating. Soups are also ideal for batch cooking, freezing, and minimising food waste, making them as practical as they are nourishing. An additional benefit of making your own soups reduces your exposure to chemicals such as bisphenols that are commonly found in the linings of cans!



Disclaimer: The information and recipes contained within this book have been written for members of the UK public. We do not have specific recipes for people with breast cancer. If you have been diagnosed with breast cancer, before changing any aspect of your diet, please consult a medical professional. Breast Cancer UK is a breast cancer prevention charity and is unable to offer specific advice about the diagnosis or treatment of breast cancer. If you are worried about any symptoms please consult your doctor.

AUTUMNAL SOUPS





TOMATO SOUP WITH CHEESE TOASTIE

Why is it good for you?

Carrots, peppers and tomatoes are non-starchy vegetables, rich in carotenoids. Eating these types of vegetables may help reduce breast cancer risk.

Wholegrain bread is higher in fibre than white bread. High fibre diets are linked to a reduced risk of breast cancer.

INGREDIENTS

For the tomato soup:

2 tbsp olive oil
1 onion – roughly chopped
2 garlic cloves – minced
2 carrots – diced
1 red pepper – deseeded and chopped
750g ripe tomatoes – roughly chopped
1 tbsp tomato purée
1 tsp dried oregano or thyme
½ tsp smoked paprika
500ml low salt vegetable stock
Salt and pepper
Couple of basil leaves – for topping (optional)

For the wholegrain cheese toasties:

8 slices wholegrain bread
1 tsp wholegrain mustard (optional)
120g mature cheddar cheese – grated
Olive oil, for toasting



4 portions



35 minutes

This nourishing version of a classic tomato soup is made from fresh vegetables. It's packed with fibre thanks to skin-on tomatoes, carrots, and red peppers, and gets its smooth, creamy texture from blended veg rather than cream. Served with a hearty wholegrain cheese toastie, it's comfort food that's good for you too.

DIRECTIONS

1. In a saucepan, gently heat the vegetable stock and keep warm.
2. In a large saucepan (where possible, avoid using non-stick cookware), heat the oil. Add the onion, garlic, carrots, and red pepper. Cook gently for 8-10 minutes, until the vegetables begin to soften.
3. Stir in the tomatoes, tomato purée, herbs, and smoked paprika. Pour in the vegetable stock and bring to a boil. Reduce heat and simmer for 20 minutes until all the vegetables are tender.
4. While the soup is cooking, prepare the toasties. Preheat a grill or pan. Spread mustard on four slices of bread (if using), top with grated cheese, and sandwich with the remaining slices. Lightly brush the outside of each sandwich with olive oil. Grill or pan-fry the toasties for 2-3 minutes per side, pressing gently until the bread is golden and crisp and the cheese is melted.
5. Remove the soup from the heat and blend the soup with a hand blender or in a food processor until smooth (be careful, the soup will be hot). Adjust seasoning with salt and pepper to taste.
6. Serve with a few basil leaves on the soup, and with the warm cheese toasties on the side.



SPICED CARROT & GINGER SOUP

Why is it good for you?

Carrots and celery 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.

INGREDIENTS

2 tbsp olive oil
1 onion – roughly chopped
750g carrots – roughly chopped
2 sticks celery – roughly chopped
2 garlic cloves – finely sliced
2 tsp turmeric
1 tsp ground nutmeg
5cm (2in) piece ginger – finely sliced
1 litre low salt vegetable stock
Salt and pepper

To serve (optional): plain yoghurt, fresh herbs (e.g. coriander or chives), nuts or seeds of choice (e.g. pumpkin seeds or pine nuts), and wholemeal bread.



4 portions



35 minutes

Warm up with this vibrant spiced carrot and ginger soup, packed with sweet carrots, zingy fresh ginger, and a hint of aromatic spice. Creamy, comforting, and naturally plant-based, it's the perfect bowl for chilly autumnal evenings or a nourishing midweek meal.

DIRECTIONS

1. In a large saucepan (where possible, avoid using non-stick cookware), heat the oil. Add the onion, carrots, and celery and sauté over medium heat for 5 minutes.
2. Add the garlic, with the turmeric, ground nutmeg, and ginger. Sauté for another 5 minutes.
3. Pour in the vegetable stock and season with salt and pepper. Bring to a boil. Turn the heat down and let simmer for 20 minutes.
4. Remove from heat. Blend the soup with a hand blender or in a food processor until smooth (be careful, the soup will be hot).
5. Serve with a spoonful of yoghurt, fresh herbs and nuts or seeds of choice, and a side of wholemeal bread. You can get creative with toppings you like.



BEAN, PUMPKIN & BARLEY SOUP

Why is it good for you?

Carrots, celery, and pumpkin contain carotenoids, a plant compound responsible for the bright colours of certain fruits and vegetables. Carotenoids act as antioxidants and may help reduce breast cancer risk.

Beans are full of fibre, which is associated with a decreased risk of breast cancer.

INGREDIENTS

2 tbsp olive oil
1 onion – roughly chopped
2 garlic cloves – minced
2 sticks celery – roughly chopped
2 carrots – diced
300g pumpkin (or butternut squash) – peeled and chopped into small cubes
1 tsp dried thyme
1 tsp ground cumin
100g pearl barley – rinsed
400g beans of choice – from a glass jar, drained and washed
1 litre low salt vegetable stock
Salt and pepper



4 portions



40 minutes

This hearty, fibre-rich soup combines the creamy texture of pumpkin with wholesome pearl barley and satisfying beans. It's an excellent source of plant-based protein and packed with vitamins. Perfect for a warming lunch or dinner.

DIRECTIONS

1. In a large saucepan (where possible, avoid using non-stick cookware), heat the oil over medium heat. Add the onion and cook gently for 5 minutes, until soft and translucent.
2. Add the garlic, celery and carrots, and cook for a further 5 minutes, stirring occasionally.
3. Stir in the chopped pumpkin, thyme and cumin. Cook for 2-3 minutes to allow the flavours to combine.
4. Add the pearl barley, beans, and vegetable stock. Bring to the boil, then reduce the heat and simmer gently for 20-30 minutes, or until the barley and vegetables are tender.
5. Remove from heat. Season with salt and pepper to taste.
6. Serve with a slice of wholegrain bread for a filling meal.



MUSHROOM SOUP

Why is it good for you?

Mushrooms are not only non-starchy, which may help decrease the risk of developing breast cancer, but if exposed to ultraviolet (UV) or direct sunlight, they can be a good food source of vitamin D.

Beans are high in fibre which has been linked to a decreased breast cancer risk, and it's good for your gut health too!

INGREDIENTS

2 tbsp olive oil
3 shallots (or 1 large onion) – peeled and diced
2 garlic cloves – peeled and crushed
2 carrots – roughly chopped
600g mushrooms of choice – thinly sliced
700g butter beans – from a glass jar, drained and rinsed
1 tsp dried thyme
1 tsp dried rosemary
1 litre low salt vegetable stock
Salt and pepper

To serve (optional): chilli flakes, cream and croutons.



4 portions



30 minutes

Earthy, comforting, and packed with plant goodness, this mushroom soup is a nourishing meal that's both satisfying and simple to prepare. Mushrooms bring deep, savoury flavour, while butter beans add creaminess and fibre. Customise with your favourite toppings like chilli flakes, a swirl of cream, or crunchy croutons.

DIRECTIONS

1. In a large saucepan (where possible, avoid using non-stick cookware), heat the oil. Add the shallots (or onion) and sauté over medium heat for 2-3 minutes. Add the garlic and carrots and sauté for another minute.
2. Add the mushrooms, and cook for around 8-10 minutes, until most of the liquid from the mushrooms evaporates. Set a few cooked mushrooms aside to be used later as a topping for the soup.
3. Add the beans, thyme, rosemary, salt and pepper, and give it a good mix.
4. Add vegetable stock and bring to a boil. Turn the heat down and let simmer for 15-20 minutes.
5. Remove from heat and blend the soup with a hand blender or in a food processor until smooth (be careful, the soup will be hot).
6. Serve with the reserved mushrooms, topped with chilli flakes, a few spoonfuls of cream, and some croutons.

WINTER SOUPS





CURRIED SWEDE & PARSNIP SOUP

Why is it good for you?

Swedes and parsnip 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.

INGREDIENTS

2 tbsp olive oil
1 onion – peeled and diced
2 garlic cloves – grated or crushed
1 swede (approx. 550g) – peeled and roughly chopped
500g parsnips – scrubbed and roughly chopped
2 tbsp mild curry powder
½ tsp cayenne pepper (optional)
1.5 litre low salt vegetable stock
Salt and pepper

To serve (optional): plain yoghurt, wholemeal bread.



4 portions



40 minutes

This gently spiced soup is a cosy blend of sweet root vegetables and warming curry flavours, perfect for colder days. It's a simple, comforting dish that's full of fibre and colour-rich carotenoids, served best with a spoonful of yoghurt and hearty wholemeal bread.

DIRECTIONS

1. In a large saucepan (where possible, avoid using non-stick cookware), heat the oil. Add the onion and sauté over medium heat for 2-3 minutes.
2. Add the garlic, swede, parsnips, curry powder, cayenne pepper (if using), and season with salt and pepper. Cook, stirring, for 3-4 mins or until fragrant.
3. Add vegetable stock and bring to a boil.
4. Turn the heat down and let simmer for 20-25 minutes.
5. Remove from heat and blend the soup with a hand blender or in a food processor until smooth (be careful, the soup will be hot).
6. Serve with a spoonful of yoghurt and a side of wholemeal bread.



CHUNKY WINTER VEGETABLE SOUP

Why is it good for you?

Carrots and butternut squash contain carotenoids, a substance found in fruit and veg which is responsible for their bright colours. Carotenoids have been linked to a reduced risk of breast cancer.

Leeks and savoy cabbage are non-starchy vegetables; this group of vegetables may help lower breast cancer risk.

INGREDIENTS

2 tbsp olive oil
1 onion – peeled and chopped
2 garlic cloves – crushed
1 large leek – trimmed, halved lengthwise, rinsed, and sliced
2 carrots – chopped
½ small butternut squash – peeled, deseeded and cubed
1 litre low-salt vegetable stock
½ savoy cabbage – thinly shredded
Salt and pepper

To serve (optional): finely chopped fresh rosemary or thyme.



4 portions



45 minutes

Making the most of winter's vegetables, this rustic soup is simmered gently in a savoury broth. With no blending required, it's perfect for when you want something comforting and nourishing.

DIRECTIONS

1. Heat the olive oil in a large saucepan (where possible, avoid using non-stick cookware) over medium heat. Add the onion, garlic, and leeks. Cook gently for 5 minutes until softened.
2. Add the carrots and butternut squash. Cook for another 5 minutes, stirring occasionally.
3. Pour in the vegetable stock and bring to the boil. Reduce heat and simmer for 15 minutes.
4. Stir in the shredded cabbage and simmer for another 10 minutes, until all vegetables are tender but still retain some texture.
5. Season the soup with salt and pepper. Ladle into bowls and garnish with rosemary or thyme if using. Serve warm with a slice of wholemeal bread.



LEEK & POTATO SOUP

Why is it good for you?

Leeks are non-starchy vegetables. A diet rich in vegetables and fruits can help reduce breast cancer risk, and non-starchy vegetables may also decrease the risk of oestrogen-receptor-negative breast cancer.

INGREDIENTS

2 medium leeks
700g potatoes – cleaned and chopped
1 onion – peeled and chopped
3 garlic cloves - minced
2 tbsp olive oil
1 litre low salt vegetable stock
Salt and pepper



6 portions



30 minutes

Simple and full of flavour, this classic leek and potato soup is a go-to for busy days. Soft leeks and fluffy potatoes blend into a creamy, comforting bowl. Serve with wholemeal bread for a satisfying lunch or light supper.

DIRECTIONS

1. Prepare the leek: cut off the root ends and tough top dark green parts and discard. Slice from top to bottom lengthwise and rinse each half under cold water, pulling apart the layers to remove all grit and sand. Roughly chop.
2. In a large soup pot (where possible, avoid non-stick cookware), heat the olive oil on medium heat. Add the leeks, onions and garlic. Cook, stirring occasionally, for around 5 minutes, until soft.
3. Add the potatoes and vegetable stock. Bring to a boil, then reduce the heat and let simmer for 15-20 minutes or until the potatoes are tender.
4. Take the pot off the heat and using a stick blender or in a food processor, blend until smooth (be careful, the soup will be hot).
5. Add salt and pepper to your liking and serve with a slice of wholemeal bread (if you like).



WINTER SQUASH SOUP

Why is it good for you?

Winter squash and carrots contain carotenoids, substances found in fruit and veg which are responsible for their bright colours. Carotenoids may reduce breast cancer risk, especially when you eat lots of foods containing them.

INGREDIENTS

1 winter squash (approx. 900g) (e.g. butternut, acorn, or kabocha) – peeled, deseeded and cubed
3 tbsp olive oil
1 onion – peeled and diced
2 garlic cloves – minced
1 carrot – chopped
1 apple – washed, cored and chopped
½ tsp ground cumin
½ tsp ground cinnamon
1 litre low salt vegetable stock
Salt and pepper

To serve (optional): A handful of pumpkin seeds or sunflower seeds, fresh herbs, chilli flakes or a swirl of chilli oil.



4 portions



45 minutes

Ideal for a chilly day, this velvety winter squash soup is a comforting, nutrient-packed bowl of goodness. Made with roasted squash, aromatic herbs, and a touch of spice, it's naturally sweet and rich in fibre. Top with a sprinkle of seeds for extra texture and flavour.

DIRECTIONS

1. Roast the squash: Preheat the oven to 200°C/180°C fan/gas mark 6. Toss the squash cubes with 1 tbsp of olive oil and a pinch of salt. Spread on a baking tray (where possible, avoid non-stick cookware) and roast for 25-30 minutes, until tender and lightly golden.
2. In a large saucepan, heat 2 tbsp olive oil. Add the onion, garlic, carrot, and apple. Cook for 5 minutes, stirring occasionally, until soft and fragrant.
3. Stir in the cumin and cinnamon. Add the roasted squash and vegetable stock. Bring to a boil, then reduce the heat and simmer gently for 20-25 minutes.
4. Remove from heat and blend the soup with a hand blender or in a food processor until smooth (be careful, the soup will be hot) and season to taste with salt and pepper.
5. Ladle into bowls and garnish with your choice of seeds, herbs, and/or chilli flakes. Serve with a slice of wholemeal bread.

SPRING SOUPS





SPRING NOODLE SOUP

Why is it good for you?

Purple sprouting broccoli, peas, pak choi, and spinach are good sources of carotenoids. Carotenoids act as a type of antioxidant for humans and have also been linked with a reduced breast cancer risk, especially when you eat lots of them.

INGREDIENTS

2 tbsp olive oil
1 onion – finely chopped
2 garlic cloves – minced
1 piece of fresh ginger (thumb-sized) – peeled and grated
1 litre low-salt vegetable stock
100g purple sprouting broccoli – woody ends trimmed, cut into bite-sized pieces
100g fresh peas – podded
100g pak choi – chopped
4 spring onions – thinly sliced
A large handful spinach – roughly chopped
200g wholegrain noodles (e.g. rice noodles or soba)
1-2 tbsp tamari or low-salt soy sauce
Juice of ½ lime
A handful of fresh herbs (mint, parsley or coriander) – roughly chopped
Salt and pepper

To serve (optional): fresh coriander or parsley.



4 portions



30 minutes

This bright, brothy noodle soup is packed with crisp and vibrant flavour, a fresh take on comfort food for spring. Light but satisfying, it's the kind of bowl that warms without weighing you down.

DIRECTIONS

1. Heat the olive oil in a large saucepan (where possible, avoid using non-stick cookware) over medium heat. Add the onion, garlic and ginger, and cook for 3-4 minutes until softened and fragrant.
2. Pour in the vegetable stock, bring to a gentle simmer.
3. Add the noodles, purple sprouting broccoli, peas, pak choi, spring onions, and spinach. Simmer for another 4-5 minutes until noodles are cooked and vegetables are just tender.
4. Stir in the tamari or soy sauce, lime juice and fresh herbs. Adjust seasoning with salt and pepper.
5. Serve hot, garnished with extra herbs if desired.



WATERCRESS SOUP

Why is it good for you?

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

INGREDIENTS

1 tbsp olive oil
1 onion – chopped
2 cloves of garlic
2 medium potatoes - scrubbed and diced (skin on)
400ml low-salt vegetable stock
80g watercress - washed and chopped
Salt and pepper

To serve (optional): crème fraîche



2 portions



25 minutes

Fresh, peppery, and wonderfully green, this watercress soup is packed with flavour and nutrients. With just a handful of ingredients, it delivers a light yet satisfying meal that comes together in under 30 minutes.

DIRECTIONS

1. In a large saucepan (where possible, avoid using non-stick cookware), heat the oil. Add the onion and sauté over medium heat for 2-3 minutes. Add the garlic and sauté for another 2-3 minutes, or until the onions are pale golden.
2. Add the potato and vegetable stock and bring to a boil. Cover and simmer for 10 minutes or until the potato is soft.
3. Stir in the watercress and season with salt and pepper. Simmer for another 5 minutes.
4. Remove from heat. Using a hand blender or in a food processor (be careful, the soup will be hot), blend the soup until smooth.
5. Serve with a swirl of crème fraîche if you like.



ASPARAGUS SOUP

Why is it good for you?

Asparagus is a non-starchy vegetable that are rich in carotenoids. Eating non-starchy vegetables and carotenoid-rich vegetables may decrease the risk of breast cancer.

INGREDIENTS

2 tbsp olive oil
4-5 spring onions – trimmed and finely sliced
2 garlic cloves – minced
4 medium new potatoes – scrubbed and diced (skin on)
500g fresh asparagus – woody ends trimmed, spears cut into 2–3 cm pieces
1 litre low-salt vegetable stock
Salt and black pepper, to taste
Juice of ½ lemon (optional)

To serve (optional): yoghurt.



4 portions



35 minutes

This asparagus soup is fresh and vibrant; a celebration of early spring produce. Enjoy it as a refreshing starter or a simple lunch with a slice of wholemeal bread.

DIRECTIONS

1. In a large saucepan (where possible, avoid using non-stick cookware), heat the oil. Add the spring onions and garlic and cook for 3 minutes, until soft.
2. Add the diced potatoes and pour in the vegetable stock. Bring to a boil, then reduce the heat and simmer for 10-12 minutes or until the potatoes are nearly tender.
3. Stir in the asparagus (reserving a few tips if you'd like to use them for garnish) and cook a further 5 minutes, until the asparagus is tender but still bright green.
4. Remove from heat and blend until smooth with a hand blender or in a food processor (be careful, the soup will be hot). Season with salt and pepper to taste, and stir in the lemon juice, if using.
5. Serve with a swirl of yoghurt (optional) and top with the reserved asparagus tips.



CURRIED SPINACH & LENTIL SOUP

Why is it good for you?

Spinach and carrots are non-starchy vegetables that are rich in carotenoids. Eating non-starchy vegetables and carotenoid-rich vegetables may decrease the risk of breast cancer.

Lentils are rich in fibre, and a diet high in fibre is associated with a decreased risk of breast cancer.

INGREDIENTS

2 tbsp olive oil
1 onion – chopped
2 garlic cloves – minced
1 piece of fresh ginger (thumb-sized) – peeled and grated
1 carrot – finely chopped
1 tbsp mild curry powder
1 tsp ground cumin
150g dried red lentils – rinsed
1 litre low-salt vegetable stock
150g fresh spinach
Salt and pepper

To serve (optional): yoghurt, fresh coriander or parsley.



4 portions



35 minutes

Gently spiced, this soup brings together red lentils, fresh spinach, and fragrant curry flavours for a comforting one-pot meal. It's rich in fibre, a plant-based protein, and has natural flavour. Light enough for milder days but warming enough for when spring still has a chill in the air.

DIRECTIONS

1. Heat the olive oil in a large saucepan (where possible, avoid using non-stick cookware) over medium heat. Add the onion and cook for 5-6 minutes until softened. Stir in the garlic, ginger, and carrot, and cook for another 2-3 minutes.
2. Stir in the curry powder and ground cumin. Add the rinsed red lentils and mix well to coat them in the spices.
3. Pour in the vegetable stock and bring to a boil. Reduce the heat and simmer for about 20 minutes, or until the lentils are soft and starting to break down.
4. Stir in the fresh spinach and let it wilt for 2-3 minutes. Season with salt and pepper to taste.
5. Remove from heat. For a smooth texture, blend the soup with a hand blender or in a food processor until smooth (be careful, the soup will be hot), or leave it chunky for a more rustic feel.
6. Serve with a spoonful of yoghurt and a sprinkle of fresh herbs, if desired.

SUMMER SOUPS





GAZPACHO

Why is it good for you?

Tomatoes and bell peppers are a good source of carotenoids, substances found in fruits and vegetables that give them their bright red, yellow, orange, and purple colours. Carotenoids can act as antioxidants and may be associated with a reduced risk of breast cancer.

INGREDIENTS

6 large tomatoes
1 red bell pepper – deseeded and roughly chopped
1 cucumber – peeled
1 onion – finely chopped
2 garlic cloves – minced
3 tbsp balsamic vinegar
4 tbsp extra virgin olive oil
Salt and pepper

To serve (optional): drizzle olive oil, freshly ground black pepper, and fresh basil leaves.



6 portions



20 minutes
(+ 1 hour
refrigeration)

Ideal for hot summer days, this traditional Spanish soup is cool, refreshing, and bursting with summer flavour. A delicious way to stay nourished when it's too hot to turn on the stove.

DIRECTIONS

1. Blanch and peel the tomatoes and red pepper – using a knife, score a small “X” on the bottom and gently put them in a pot of boiling water for about 40 seconds, then take them out, let them cool down (preferably in ice water), and then easily peel the skin off and discard.
2. Remove the seeds from the tomatoes and chop into chunks. Peel the cucumber, cut in half lengthwise, remove the seeds, and cut into chunks.
3. Transfer the tomatoes, bell pepper, cucumber, onion, garlic, vinegar, olive oil, salt and pepper to a blender or a food processor. Blend until smooth.
4. Season to taste and put in the refrigerator for at least an hour to chill.
5. Serve the soup with a drizzle of olive oil, freshly ground black pepper, and some basil leaves.



SUMMER GARDEN SOUP

Why is it good for you?

Courgettes, peas and spinach are a good source of carotenoids, which can act as a type of antioxidant and may be associated with a reduced risk of breast cancer.

Fennel, mangetout and spring onions are non-starchy vegetables; this group of vegetables may help decrease the risk of developing breast cancer.

INGREDIENTS

2 tbsp olive oil
2 fennel bulbs – trimmed, halved and thinly sliced
4 new potatoes – scrubbed and diced (skin on)
1 litre low-salt vegetable stock
1 courgette – cubed
100g fresh peas – podded
100g mangetout – trimmed and cut in half
6 spring onions – thinly sliced
1 handful spinach – washed and roughly chopped
1 handful fresh herbs (parsley, mint, basil or chives) – roughly chopped
Salt and pepper



4 portions



25 minutes

Fresh, light, and full of summer flavour, this summer garden soup is a celebration of the season's best green produce. Whether served warm or chilled, it's the perfect way to enjoy a bowl of something green and nourishing on a sunny day.

DIRECTIONS

1. In a large saucepan (where possible, avoid using non-stick cookware), heat the olive oil over medium heat. Add the sliced fennel and potatoes and cook for 8-10 minutes until softened but not browned.
2. Pour in the stock and bring to a simmer. Add the courgette, peas, mangetout, and spring onions. Cook gently for 4-5 minutes, or until the vegetables are just tender but still vibrant.
3. Stir in the spinach and let it wilt for 1–2 minutes. Remove from the heat and stir in the chopped fresh herbs. Season to taste with salt and pepper.
4. Serve warm or lightly chilled.



CHILLED PEA SOUP

Why is it good for you?

Peas and spinach are a good source of carotenoids, which can act as a type of antioxidant and may be associated with a reduced risk of breast cancer.

INGREDIENTS

2 tbsp olive oil
1 onion – finely chopped
1 garlic clove – minced
600g fresh peas – podded
1 litre low-salt vegetable stock
A small handful of fresh mint or basil leaves
60g spinach
Juice of ½ lemon
Salt and pepper

To serve (optional): mixed seeds



4 portions



20 minutes
(+ 2 hours
chilling time)

This fresh and elegant soup is made for summer. Fresh peas, vibrant herbs, and a squeeze of lemon come together for a smooth, cooling blend. Perfect for hot summer days when cooking needs to be quick and light.

DIRECTIONS

1. In a large saucepan (where possible, avoid using non-stick cookware), heat the olive oil over medium heat. Add the onion and cook gently for 5-6 minutes until soft. Add the garlic and cook for 1 minute more.
2. Add the fresh peas and vegetable stock. Bring to a boil, then lower the heat and simmer for 5 minutes, until the peas are just tender but still bright green.
3. Meanwhile, roughly chop the mint or basil (reserve a few leaves if you'd like to use them as topping). Add the chopped leaves and the spinach to the pot. Bring back to a simmer and cook for another 2-4 minutes.
4. Remove from heat. Add the lemon juice. Blend until smooth using a hand blender or a food processor and season with salt and pepper to taste.
5. Carefully pour the soup into a container and chill in the fridge for at least 2 hours, until cold.
6. Serve into bowls and top with a sprinkle of seeds, and extra herbs, if using.



CUCUMBER, DILL & YOGHURT SOUP

Why is it good for you?

Cucumbers are non-starchy vegetables that are rich in carotenoids. Eating non-starchy vegetables and carotenoid-rich vegetables may decrease the risk of breast cancer.



4 portions



20 minutes
(+ 2 hours
chilling time)

Cool and crisp, this chilled soup highlights peak-season UK cucumbers paired with creamy yoghurt and fragrant dill. With just a few wholesome ingredients, it's the perfect light summer lunch in the garden.

INGREDIENTS

2 cucumbers – peeled if thick-skinned, chopped

300g plain yoghurt or plant-based alternative

1 tbsp olive oil

1 garlic clove – minced

Juice of 1 small lemon

Large handful fresh dill – chopped, plus extra for garnish

Salt and pepper

Cold water or additional yoghurt, to adjust consistency

To serve (optional): drizzle of olive oil, extra fresh dill, and wholemeal bread

DIRECTIONS

1. In a blender or food processor, combine the chopped cucumber, yoghurt, olive oil, garlic, lemon juice, and most of the dill. Blend until smooth.
2. If too thick, add a splash of cold water (or extra yoghurt) and blend briefly. Season well with salt and pepper, then stir in any remaining dill.
3. Transfer to a covered container and refrigerate for at least 1 hour, until the soup becomes thoroughly chilled.
4. Pour in bowls or glasses. Garnish each serving with a drizzle of olive oil, and a sprig of dill. Serve with a side of wholemeal bread.

BONUS SAUCES





TOMATO & AUTUMN VEG SAUCE

Why is it good for you?

Tomatoes, carrots, and butternut squash are good sources of carotenoids, responsible for the bright red, yellow, and orange colours of certain fruits and vegetables. Carotenoids act as antioxidants for humans and may reduce the risk of breast cancer.

INGREDIENTS

500g ripe tomatoes – halved
2 medium carrots – peeled and chopped
½ medium butternut squash – peeled, deseeded and cubed (approx. 400g)
1 medium leek – trimmed, halved lengthwise, rinsed and sliced
1 small onion – peeled and quartered
2 garlic cloves – left in their skins
2 tbsp olive oil
1 tsp dried oregano, or a sprig of fresh thyme or rosemary
1 tbsp balsamic vinegar (optional)
Salt and pepper
Water, to adjust consistency



4-6 portions



40 minutes

This velvety sauce is a celebration of autumnal produce, blending sweet roasted tomatoes, squash, carrots, and mellow leek into a richly flavoured base. Roasting the vegetables brings out their natural sweetness, while a hint of balsamic vinegar adds warmth and depth.

DIRECTIONS

1. Preheat the oven to 200°C/ 180°C Fan/ Gas mark 6. Place the tomatoes, carrots, butternut squash, leek, onion, and garlic on a large baking tray (where possible, avoid non-stick cookware). Drizzle with olive oil, scatter with herbs, and season with salt and pepper. Roast for 30–35 minutes until tender and lightly caramelised.
2. Squeeze the garlic from its skins, then transfer all the veg to a blender/food processor or use a hand blender in a saucepan. Add the balsamic vinegar (if using) and blend until smooth.
3. Add a splash of water to reach your desired consistency. Blend again if needed.
4. Season to taste. Use immediately, store in the fridge for up to 4 days, or freeze in portions for later.

IDEAS FOR USE

- Stir through pasta or gnocchi.
- Use as a base for lasagne or baked lentil dishes.
- Spoon over roasted root vegetables or steamed greens.
- Spread on toast, flatbread, or as a base for pizza.



SPICED CRANBERRY & ORANGE SAUCE

Why is it good for you?

Cranberries are a source of polyphenols, plant compounds with potential antioxidant effects.

INGREDIENTS

250g fresh or frozen cranberries

Juice of 1 large orange

Zest of ½ orange (optional)

¼ tsp ground cinnamon

2-3 tbsp water (more if needed)



6-8 portions



10 minutes

Naturally tart and full of winter flavour, this simple cranberry sauce is gently simmered with orange juice and warming spices. It's a bright addition to seasonal meals and a refreshing contrast to rich winter dishes.

DIRECTIONS

1. Add the cranberries, orange juice, zest (if using), cinnamon, and water to a small saucepan (where possible, avoid non-stick cookware).
2. Bring to a boil, then reduce the heat and simmer gently for 10-15 minutes with a lid on, stirring occasionally, until the cranberries have burst and the mixture begins to thicken.
3. If it's too tart for your taste, you can stir in a little more orange juice. Otherwise, remove from heat and let cool.
4. Serve warm or chilled. Store in the fridge for up to 5 days or freeze for later use.

IDEAS FOR USE

- Pair with roasted winter vegetables, nut roasts or festive mains.
- Spread on rye toast, wholegrain crackers or winter sandwiches.
- Stir into porridge, yoghurt or muesli.
- Serve as a condiment alongside a cheese board.



SPRING HERB MAYONNAISE

Why is it good for you?

Making mayonnaise from scratch means avoiding ultra-processed ingredients that may be found in shop-bought versions. Diets high in ultra-processed foods may increase the risk of various health conditions, including breast cancer.

INGREDIENTS

1 medium egg yolk - at room temperature
1 tsp Dijon mustard
Juice of ½ lemon
150ml neutral oil (e.g. olive oil)
1 tbsp fresh chives - finely chopped
1 tbsp flat-leaf parsley - finely chopped
1 tsp fresh tarragon or mint (optional) - finely chopped
Salt and pepper



200ml (8)



10 minutes

A homemade mayonnaise blending lemon and fresh spring herbs for a light, creamy condiment that pairs beautifully with seasonal produce.

DIRECTIONS

1. In a medium bowl, whisk together the egg yolk, mustard, and lemon juice until smooth and slightly thickened.
2. Very slowly begin to drizzle in the oil, a few drops at a time, whisking continuously. As the mixture begins to emulsify, you can add the oil in a steady, thin stream while whisking until all the oil is incorporated and the mayo is thick and glossy.
3. Stir in the chopped herbs and season with salt and pepper to taste. If it's too thick, you can loosen with a splash of warm water or a bit more lemon juice.
4. Let rest in the fridge for 15-30 minutes to allow the flavours to develop. Store in the fridge and use within 2 days.

IDEAS FOR USE

- Put a spoonful over steamed new potatoes, asparagus or spring greens.
- Spread on sandwiches or wraps.
- Serve as a dip for radishes, carrots or cucumber.
- Stir into egg salad or bean salads for extra flavour.
- Add to grain bowls for a creamy, herby topping.



SUMMER RASPBERRY VINAIGRETTE

Why is it good for you?

Raspberries are rich in fibre, which can help reduce the risk of breast cancer.

INGREDIENTS

75g (approx. ½ cup) fresh raspberries

Juice of 1 lime

1 tsp Dijon mustard

4 tbsp olive oil

Salt and pepper



150ml (6)



40 minutes

This zesty vinaigrette blends fresh raspberries with lime juice and Dijon mustard for a light dressing that's ideal for summer salads, grain bowls, or roasted vegetables. It's quick to make and full of vibrant flavour.

DIRECTIONS

1. Use a fork or blender to mash or blend the raspberries into a smooth purée.
2. In a sealable jar or small bowl, whisk or shake together the raspberry purée, lime juice, Dijon mustard, olive oil, salt and pepper until fully combined.
3. Use immediately or store in the fridge for up to 3 days. Shake well before serving.

IDEAS FOR USE

- Drizzle over mixed leaf salads with spinach, rocket or watercress.
- Pair with lentils, bulgur, quinoa or couscous for a fresh grain bowl.
- Use as a light dressing for cold pasta salads or new potatoes.
- Spoon over roasted courgette, beetroot, or grilled asparagus.

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