Healthy recipes for kids

NUTRITIONIST APPROVED

World Child Cancer
No child should suffer
Egg and veg breakfast

Serves 4

Ingredients

- 300g baby potatoes, halved
- ½ tbsp rapeseed oil (or olive oil)
- 2 tbsp of butter
- 1 courgette, cut into small chunks
- 1 yellow pepper, cut into small chunks
- 1 red pepper, cut into small chunks
- 2 spring onions, finely sliced
- 1 garlic clove, crushed
- 2 green onions (sliced)
- 4 eggs
- toast, to serve

Instructions

1. Boil the potatoes for 8 minutes, then drain.
2. Heat the oil and butter in a large frying pan, then add the courgette, peppers, potatoes, and a little salt and pepper. Cook for 10 minutes, stirring from time to time until everything is starting to brown. Add the spring onions, garlic, and some of the sliced green onions and cook for 2 minutes more.
3. Make four spaces in the pan and crack in the eggs. Cover with a lid and cook for around 4 minutes, or until the eggs are cooked. Sprinkle with more green onions and ground black pepper to taste (optional). Serve with toast.
Chickpea fritters

Makes 12 fritters

Ingredients

- 1 red pepper, diced
- 2 shallots, diced
- 2 carrots, grated
- 2 cloves of garlic, grated
- peel of 1 lemon, grated
- 1 thumb-size piece of ginger, peeled and grated
- 400g of chickpeas
- 1 tsp garam masala
- 1 tsp cumin
- 1 tsp ground coriander
- 30g fresh coriander, chopped
- 3 tbsp plain flour
- 1 egg
- vegetable oil, for frying

Instructions

1. Combine the red pepper, shallots, garlic, lemon peel and ginger in a large bowl. Squeeze the carrots to remove the excess juice then add to the bowl.
2. Crush the chickpeas with the back of a fork until broken-down and crumbly.
3. Add the chickpeas to the bowl along with the garam masala, cumin and ground coriander.
4. Add the egg and mix well then sieve over the flour and mix again.
5. Shape into small discs and fry for around 3 minutes a side in a little olive oil.
6. When cooked remove and place on kitchen paper to cool. Top the fritters with the chopped coriander.

Chickpeas are a good source of fibre and protein!

References: 3, 4, 5
Chicken and leek pot pie

Serves 4

Ingredients

- 500g parsnip, peeled
- 300g potato, peeled
- 500g boneless skinless chicken breast
- 2 tsp cornflour
- 1 tbsp olive oil
- 4 leeks, sliced *
- grated zest of 1 lemon
- 2 tbsp chopped parsley
- 2 tbsp crème fraîche
- 1 tbsp mustard

Instructions

1. Heat oven to 200C/180C fan/gas 6. Lay the tortillas on two baking sheets, brush sparingly with the oil then bake for 3 mins. Meanwhile chop the pepper and tomatoes and mix with the tomato purée, seasoning and herbs. Turn the tortillas over and spread with the tomato mixture, leaving the centre free from any large pieces of pepper or tomato.

2. Break an egg into the centre then return to the oven for 10 mins or until the egg is just set and the tortilla is crispy round the edges. Serve scattered with the rocket and onion.

*Leeks and all green vegetables can help to prevent cancer

References: 6, 7, 8, 9
Rainbow Bibimbap

Serves 4

Ingredients

- 4 cup jasmine rice
- 1 tbs vegetable oil
- 120 g spinach leaves
- 1 tbs sesame oil
- 1 tsp sea salt
- 250g beef mince (or any protein or vegetables)
- 2 tbs chilli garlic sauce
- 1 tbs soy sauce

- 1 tbs brown sugar
- 1 can carrot
- 1 cucumber
- 4 eggs
- Toasted sesame seeds (optional)

Instructions

1. Heat a large frying pan over medium flame and add vegetable oil. Cook the spinach until it wilts and drizzle with sesame oil and season with sea salt. Set aside.
2. In the same pan, cook the mince or protein/vegetables until cooked. Add the chilli garlic sauce, soy sauce and brown sugar and stir until all is combined. Remove cooked protein/vegetables from the pan and set aside.
3. Add a little more oil to the pan and cook each of the four eggs until the whites of the eggs are solid, turn the heat off and put a lid on the pan to slowly fry the eggs until fully cooked.
4. Coarsely grate the carrot and slice the cucumber
5. Construct four bibimbap bowls using all of the above ingredients.
6. In each bowl put: 1 cup of cooked rice, 1/4 of the mince, 1/4 of the spinach, 1/4 of the grated carrot, 1/4 of the sliced cucumber.
7. Finally, place one fried egg on top (and sprinkle some toasted sesame seeds if you like).
8. Serve with soy sauce and kimchi or any other side dishes.

References: 10
Egg and rocket pizzas

Serves 4

Ingredients

- 2 tortilla wraps
- a little olive oil, for brushing
- 1 roasted red pepper
- 2 tomatoes
- 2 tbsp tomato puree
- 1 tbsp chopped dill
- 2 tbsp chopped parsley
- 2 eggs
- 65g rocket
- ½ red onion, very thinly sliced

Instructions

1. Heat oven to 200C/180C fan/gas 6. Lay the tortillas on two baking sheets, brush sparingly with the oil then bake for 3 mins. Meanwhile chop the pepper and tomatoes and mix with the tomato purée, seasoning and herbs. Turn the tortillas over and spread with the tomato mixture, leaving the centre free from any large pieces of pepper or tomato.

2. Break an egg into the centre then return to the oven for 10 mins or until the egg is just set and the tortilla is crispy round the edges. Serve scattered with the rocket and onion.

References: 11, 12
Mango Rice Pudding

Serves 4

Ingredients
- 2 cups water
- ¼ tsp salt
- 1 cup uncooked long-grain brown rice
- 1 medium ripe mango
- 1 cup soy milk
- 2 tablespoons honey/4 chopped dates
- ½ tsp ground cinnamon
- 1 tsp vanilla extract
- additional chopped peeled mango (optional)

Instructions
1. In a large saucepan, bring water and salt to a boil. Then stir in the rice. Reduce heat: simmer, covered, 35-40 minutes or until water is absorbed and rice is tender.
2. Meanwhile, peel, seed and slice mango. Mash mango with a fork.
3. Stir milk, honey/dates (to taste), cinnamon and mashed mango into rice. Cook, uncovered, on low 10-15 minutes longer or until liquid is almost absorbed, stirring occasionally.
4. Remove from heat and stir in vanilla extract. Serve warm or cold, with chopped mango if desired.

References: 13, 14, 15
Happy Cooking!

Remember to share photos or short videos of your creation with us through our socials and tag us using @wchildcancer or @WorldChildCancer so that we can show other young patients and families, and healthcare workers at World Child Cancer around the world!

Good nutrition is especially vital for children going through cancer treatment. World Child Cancer provides meals for children, to help them thrive. It also funds nutritionists to educate parents and carers on making healthy food for their children, using affordable, local ingredients.

To find out more, go to www.worldchildcancer.org
References

1. The Golden Egg: Nutritional Value, Bioactivities, and Emerging Benefits for Human Health; Réhault-Godbert S., Guyot N., Nys Y.; (Ch. 2.2.1); 2019 Mar 22. doi: 10.3390/nu11030684; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6470839/


5. What are the benefits of chickpeas?; Rose-Francis K., Ware M.; Medical News Today. 2022 https://www.medicalnewstoday.com/articles/280244


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