



# Cooking for Chemo

A cooking and nutrition program  
to help you during treatment

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## WELCOME TO THE KITCHEN

Our support staff are available to help you with educational, emotional and practical support. Contact us on 1800 620 420 to speak to someone near you.

*Updated July 2018*

## JASON ROBERTS

A native of New Zealand, Jason Roberts is known for his charismatic smile and engaging personality. Having grown up in a family of culinary professionals, Jason discovered his passion for food at a young age. Turning it into a career, he spent seven years as an Executive Chef at Bistro Moncur in Sydney, Australia, where he was immersed in the traditions and techniques of French cuisine by his mentor, Damien Pignolet. His accolades caught the attention of Australia's Channel 9, where he became the host of Fresh, a cooking program that aired five days a week in Australia and New Zealand.



In January 2003, Jason was introduced to the United States on ABC's Good Morning America. He has also appeared on The Wayne Brady Show, The Sharon Osbourne Show, E!, The Style Network's You're Invited, New York City's morning show Ali & Jack, and Talk Soap with Lisa Rinna. In 2005, Jason hosted the award-winning food talk show Jason Roberts' Taste, on the PAX Television Network which earned him two American Accolade Awards for "Best Host" and "Best Health & Lifestyle Program."

Additionally, Jason is a former cast member of the hit daytime talk show The Chew on ABC, where his unique flair and cooking style were tapped for in-studio segments and travel stories. He has also appeared on The Rachael Ray Show.

Jason is the author of three cookbooks including Elements, Graze: Lots of Little Meals Fast, and his newest cookbook, Good Food–Fast!, which features easy-to-prepare recipes that are all gluten-free, delicious, and highly nutritious.

Splitting his time between Sydney and New York City, Jason regularly travels the world as a guest speaker at top food shows and culinary events. He is the co-founder of rocket+rabbit – an artisanal brand featuring healthy snacks that are hand-crafted from pure wholefoods to fuel and heal – and he is Executive Chef at The Bistro at Manly Pavilion.

## FOOD SAFETY

Ensure you always follow appropriate food safety guidelines when preparing, cooking, serving and storing food. Food should always be cooked all the way through, and if reheating it should be piping hot. Patients who have lower platelet counts or who are neutropenic should be especially careful with certain foods and food storage. Consult your doctor for further information.

### Foods to avoid while having chemotherapy

- All unpasteurised dairy products
- Live or probiotic yoghurts
- Soft whip ice-cream
- Soft unpasteurised cheese (e.g. brie, camembert and feta)
- Blue-veined cheeses
- Raw or only slightly cooked eggs
- All types of mushrooms
- Raw or undercooked meat/poultry
- Ready cooked chickens from the supermarket
- Smoked and cured meats
- Paté
- Raw or undercooked fish
- Raw or slightly cooked shellfish
- Unwashed fruits and vegetables
- Fruits and vegetables with mould on them
- Unwashed lettuce leaves or spinach
- Salads from salad bars
- Reduce spicy foods (can make nausea and diarrhoea worse)

## CHECKLIST FOR A HEALTHY EATING AND LIFESTYLE PLAN

The following are some suggestions for a healthy eating and lifestyle plan which you and your family may find helpful.

- Drink lots of water every day (eight to ten glasses) – keep a drink bottle handy
- Eat a variety of foods
- Eat a variety of colourful fruit and vegetables in season
- Cold foods if you have nausea (to limit food odour)

- Ginger, papaya and apple (for nausea)
- Have citrus fruits to increase intake of vitamin C
- If juicing fruit, drink it straight afterwards. This ensures that you get the most benefit from the vitamins contained in the fruit
- Include green leafy vegetables like broccoli, cauliflower, cabbage, brussel sprouts, kale, spinach, rocket, lettuce, bok choy
- Include coloured vegetables like carrots, pumpkin, sweet potato, capsicum, beetroot, and turnip
- Include dairy foods such as milk, yoghurt and cheese for protein and calcium.
- Always wash fruit and vegetables before cooking and/or eating
- Eat protein with every meal (to repair body tissue as chemotherapy can deplete protein)
- Eat fish (fresh, frozen or tinned) such as salmon, snapper, herring, sardines, perch up to three times a week
- Increase your intake of fibre by including foods such as whole grains, cereals (especially oats) and vegetables
- Include garlic, onion, spices like turmeric and herbs like parsley, coriander, sage, basil, thyme when preparing meals as these are rich in vitamins and minerals
- Limit deep fried, non-nutritious, high fat and sugar foods, likes, chips, donuts etc.
- Ensure your intake of essential fats is adequate by eating foods such as avocados, olive oil, nuts, fish (especially oily fish like salmon), flaxseeds and oil, sunflower seeds (great for immune system function)
- Reduce alcohol to one standard drink or less a day for a woman and two standard drinks or less a day for a man. Have at least two alcohol-free days a week. (Ask your doctor about alcohol, you may be told to avoid alcohol completely during treatment)
- Quit smoking (contact the Quitline, or your GP if you need help to do this – it is hard for many people)
- Take some regular daily exercise. Small lots of 10-15 minutes a couple of times a day is beneficial. But remember to only do as much as you are comfortable with
- Stretch, meditate, do yoga and try to laugh more!!

# OAT AND BARLEY PORRIDGE



30 minutes



2

## INGREDIENTS

### Porridge

- 1 cup rolled oats
- 1 cup cooked barley (barley boiled in water till tender, approx. 15 minutes)
- 4 dried prunes, stone removed
- 1 cup of milk
- 2 tbsp chia seeds
- 2 tbsp chopped pistachio nuts
- 1 cup stewed fruit (see recipe below)
- ½ cup Greek style yoghurt

### Stewed Fruit

- 1 small bunch of rhubarb, greens removed and washed. Cut into ½ inch pieces
- 1 punnet strawberries, green top removed and halved
- 4 ripe pears peeled, split in half, core removed, and sliced
- 2 tbsp honey (optional)

## DIRECTIONS

### Porridge

Place oats and prunes in a medium sized pan covered in milk plus 1½ cups of water and set over a moderate heat. Bring to a boil then add in cooked barley and lower heat to a mild simmer, stirring occasionally for the next 12 – 15 minutes.

Once the oats have cooked and are tender (they will always retain a slight nutty texture), allow to sit for a further 5 minutes before folding in the chia seeds. Scoop into bowl topped with stewed fruit, yoghurt and pistachios.

### Stewed Fruit

Place fruit and honey into a heavy based pan with a cup of water, cover with lid and set to cook over medium heat. Bring to a boil, lower temp and simmer for a few minutes, turn off and allow to cool. Will keep up to a week in an air tight container in the fridge



 10 minutes  2

They say the best eggs are the ones with the most fat in them, well try these babies. I've replaced the cream with a flavoursome extra virgin olive oil. And hey, they taste damn good too.

## INGREDIENTS

4 large eggs	½ tspn butter
2 tbsp Extra Virgin olive oil	1 slice of toasted ciabatta or sourdough
Pinch of salt and ground pepper, preferably white	1 avocado
Pinch of ground nutmeg	

## DIRECTIONS

Using a fork lightly beat the eggs, oil and seasoning together. Melt the butter in a non-stick pan over a medium low heat. Pour in the eggs, allowing to partially set before using a wooden spoon to pull the eggs back as you tilt the pan forward. The trick here is to be as gentle as possible, trying not to work the eggs too much.

Repeat the process of pulling the spoon through the eggs until almost set, should only take a couple of minutes. Once set, remove from pan ASAP to stop further cooking and drying out. Serve eggs over toasted ciabatta, with a side of avocado.

*Treat thy pan with love, so no harsh scrubbing and scraping and it will bear you perfect eggs every time.*



## BLUEBERRY SMOOTHIE

 40 minutes  2

### INGREDIENTS

1 frozen banana (skin removed)	½ cup yoghurt
1 cup blueberries	½ tsp ground ginger
1 cup full cream milk	1 tsp chia seeds

### DIRECTIONS

Place above ingredients into blender and process till smooth.  
Serve immediately.

## ENERGY BALLS

Bellow is my top three favorite energy balls to make at home; the method is the same for making all energy balls, pretty much process and roll. Have fun and play around with some of your own favorite dried fruits and nuts.

### BITTER SWEET ESPRESSO BROWNIE BALLS

1 cup packed, pitted, soft whole dates	3 tbsp bittersweet or chopped dark chocolate chips
½ cup black coffee (chilled)	
½ cup raw almonds	2 tbsp unsweetened dark cocoa powder
½ cup raw hazelnuts	¼ tsp sea salt flakes

### GINGERBREAD BALLS

1 ¼ cups packed, pitted, soft whole dates	½ cup rolled oats
⅔ cup orange juice	¾ tsp ground ginger
½ cup raw almonds	½ tsp ground cinnamon
½ cup raw pecans	¼ tsp ground cloves
	¼ tsp sea salt flakes

### CHERRY, PISTACHIO AND CHIA BALLS

½ cup dried pitted dates	¼ cup raw pistachio
½ cup dried cherries	¼ cup raw cashews
1 cup warm water	½ cup rolled oats
2 tbsp chia seeds	

### DIRECTIONS

Process the above ingredients in a food processor / blender for a few moments or till the mixture comes together; being mindful to keep a little texture, remove from processor.

Roll the mixture into small balls and toss through a little extra cocoa powder to coat. Store refrigerated till ready to eat.



## CHICKEN SOUP WITH TURMERIC AND LENTILS

 40 minutes  4

### INGREDIENTS

6 cups good quality chicken stock

4 chicken drumsticks

2 tbsp olive oil

1 ½ cups green lentils

1 x 1 ½ inch cube of ginger, peeled  
and finely sliced

1 x 1 inch piece of fresh turmeric  
peeled and finely sliced  
(or 1 level tsp dried)

1 lemon

1 large zucchini

8 baby turnips, stalk and leaves intact  
(optional)

Salt and pepper

### DIRECTIONS

In a medium saucepan over a moderate heat, bring the chicken stock plus 1 cup of water, drumsticks, olive oil and lentils to a rolling boil, reduce the heat and simmer till liquid has reduced by a third. Approximately 35 – 40 minutes.

Allow to cool, remove skin and bone from the chicken drumsticks, feather the meat and return to soup, season with salt and pepper.

Add the turmeric and ginger to the soup and return to a boil, add in the turnips, split in half, leaves included.

Pass the zucchini through a vegetable spiralizer set on spaghetti setting, place the zucchini noodles into a bowl and season with salt and lemon juice.

Distribute zucchini between 4 bowls, ladle over hot chicken soup and serve.



## ROASTED VEGETABLES WITH FENNEL SALAD

 40 minutes  2

### INGREDIENTS

- 1 large parsnip, cut into 1 inch chunks
- 1 large Desiree potato, cut into large chunks
- 1 large carrot, peeled and cut into 1 inch chunks
- 1 red onion, peeled and cut into 1 inch chunks
- 2 tbsp olive oil
- Good pinch sea salt flakes
- 1 tbsp fennel seeds
- 6 large brussel sprouts, split in half

### DIRECTIONS

Place all prepared vegetables, except for the brussel sprouts, onto a baking tray lined with parchment paper.

Add in the olive oil and seasonings, mix well and set to roast in oven set at 180°C for 40 minutes.

Add in the brussel sprouts (after about 20 minutes of roasting).

Continue to cook until vegetables are golden and tender



 45 minutes  1

## INGREDIENTS

2  $\frac{3}{4}$  cup water

1 cup brown rice

2 cloves garlic sliced

$\frac{1}{2}$  tsp of salt

2 tsp toasted sesame seeds

1 tsp sesame oil

## DIRECTIONS

In a saucepan over high heat, bring the water to a boil.

Add the rice, garlic and salt, stir once, reduce the heat to low, cover and cook, without stirring, until all of the water has been absorbed and the rice is tender, 35 to 45 minutes.

Remove lid, stir in the sesame oil and top with toasted sesame seeds

# MINUTE STEAK WITH MERCHANT SAUCE AND BROCCOLI



30 minutes



1

## INGREDIENTS

### Steak and Broccoli

¼ head of a small broccoli  
3 tbsp olive oil  
180g beef fillet  
Salt and freshly ground black pepper  
1 tbsp butter  
Lemon

### Merchant Sauce

½ cup good red wine  
2 medium sized eschallots, peeled and finely diced  
½ cup beef stock/glaze  
2 tbsp butter  
2 tbsp chopped parsley

## DIRECTIONS

Place broccoli into a thick-based saucepan along with ½ cup water and 2 tbsp of the olive oil. Set over a medium to high heat, cover with lid and bring to the boil. When the lid starts to flutter, remove from heat and set aside, leaving covered.

Cut the beef fillet into thin slices about 3mm (⅛ inch). Season liberally with salt and pepper. Heat the remaining olive oil and butter in a heavy-based fry pan until butter starts to foam. Add meat slices and brown for 30- 40 seconds on both sides. Serve steak with broccoli and a cheek of lemon.

Once meat is cooked, remove from pan, add in the chopped eschallot and sauté for a few seconds, add in the red wine and reduce for a few moments over a medium heat.

Add in the beef stock and reduce by half.

Add butter along with parsley, remove from heat and mix well.

Adjust seasoning if necessary, pour over minute steak.



## SALMON IN A BAG WITH WARM ZUCCHINI AND MINT SALAD

 20 minutes + 40 if steaming potatoes  2

### INGREDIENTS

2 x 180g piece of Salmon

6 small potatoes steamed and skin removed, and sliced into 1cm rounds

3 tbsp chopped green shallots

3 tbsp olive oil

1 lemon - cut 2 slices, the remaining used for its juice

4 sprigs of fresh thyme

Sea salt

Ground white pepper

1 cup of fresh mint leaves

1 large green zucchini finely sliced or spiralized and lightly salted

1 lemon cut into wedges

½ bunch chives, finely sliced

## DIRECTIONS

Pre-heat the oven to 180°C.

Make sure the fish is trimmed of fat, pin boned and free of scales.

Take 2 pieces of baking paper about 30cm in length and lay it flat on the bench.

In the center of each piece of paper lay the steamed potato slices along with a sprinkling of the green shallots, season with a little olive oil, salt and pepper and then top with a piece of salmon.

Squeeze over a touch of lemon juice along with a little more of the olive oil, season with salt and pepper, top with a slice of lemon and 2 sprigs of fresh thyme and seal the bag. Take the edge of baking paper close to you as well as the opposite edge, bring together above the fish and fold downwards creating a tight pleat, fold the ends to the left and right back under the fish creating a snug little parcel.

Place fish parcel onto a heatproof tray, and then put into the pre-heated oven, for approximately 8 minutes or until cooked to your liking. The best way to test is to pierce with a sharp skewer; you are looking for almost no resistance.

Heat a medium sized pan over moderate heat with a little olive oil.

Add in the zucchini along with the mint leaves and a scattering of the chives, season for a few moments, season with salt, pepper and lemon juice.

Once fish is cooked remove it from the oven and allow it to rest for a minute or two before opening bag.

To serve, tear the bag open, dividing the warm zucchini and mint salad evenly, and place on top of each piece of fish, it is not necessary to remove the fish from the paper bag.

# CREAMY RICE PUDDING WITH ORANGE AND BUTTER TOASTED ALMONDS

 30 minutes  2

## INGREDIENTS

100g arborio rice

500ml milk

1 vanilla bean, split in half-length ways and scrapped with the back of a knife to loosen the seeds, or 1 tsp of vanilla extract

250ml thickened cream

50g sugar

2 oranges zested and segmented

Pinch of salt

200ml vanilla yoghurt

100g blanched almonds roughly chopped

100g butter

## DIRECTIONS

Bring milk and scrapped vanilla bean up to a boil. Add in the rice and cream, lower the temperature and stir occasionally, for up to 20 minutes or until rice is tender.

In the meantime, heat butter in a saucepan till it starts to foam, add in the almonds and move around using a wooden spoon, the nuts will take on a lovely golden blush, remove from heat and strain away, excess butter, set over paper towel to drain.

When the rice is tender, mix in the sugar along with the orange zest and salt. Remove from saucepan and allow to cool.

Just before serving fold through lightly whipped cream and cooled almonds.

Serve scattered with fresh orange segments.

*Segmenting the orange by using a serrated knife, I find the easiest way is to remove the top and tail of the orange, stand it on its end over a chopping board, and using a downward motion follow the contour of the fruit, to remove both skin and pith (the white part). Segment the fruit, separating flesh from pith using a small paring knife.*







## CONTACT US

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