

# HEALTHY GUTS HEALTHY LIFE



**the gutsy challenge**  
Give for GI Cancer Research

# Facts about Healthy Eating & GI Cancer

In general, eating a healthy, balanced diet reduces your risk of developing cancer, while a poor diet increases your cancer risk. Cancers associated with diet are most commonly found in the digestive tract, including the oesophagus, stomach and bowel.

Scientific research suggests that some components of food may play a role in decreasing the risk of developing cancer. These include phytochemicals, found in fruits, vegetables and grains; antioxidants, such as vitamins C, E, B12 and omega-3 fatty acids.

## Fruit and vegetables

Eating lots of fruit and vegetables can reduce your risk of several cancers. Fruit and vegetables are an important part of a healthy diet and can affect the risk of some cancer types like mouth and throat cancers. They are a good source of many important nutrients such as vitamin A, vitamin C, vitamin E and folate, and are an excellent source of fibre.

### Our advice

Try to get plenty of fruit and vegetables in your diet. Eating fruit and vegetables with a wide variety of colours will help you get a broad range of vitamins and minerals. The chemicals that give foods their colour are often the same ochemicals that are good for you.

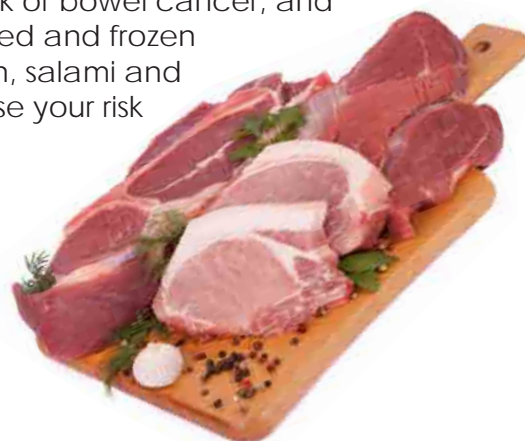


## Meat

Eating less red and processed meat will help you reduce your risk of bowel cancer. Eating lots of red and processed meat can increase your risk of bowel cancer, and possibly stomach cancer. Red meat includes all fresh, minced and frozen beef, pork and lamb. Processed meat includes ham, bacon, salami and sausages. White meat, such as chicken, is unlikely to increase your risk of cancer.

### Our advice

Eat smaller and fewer portions of red and processed meat. Try using beans or pulses instead of meat in your recipes. When you do cook meat, use low-temperature methods such as braising. Cooking meat at high temperatures until it chars can produce cancer-causing chemicals



## Salty foods

High-salt or cured foods may increase your risk of stomach cancer and possibly bowel cancer. Foods that are high in salt or preserved using salt can increase your risk of cancers of the stomach and nasopharynx, the bit where the back of your nose meets your throat. It is unlikely that the small amounts of table salt used in cooking or flavouring will strongly influence your risk of cancer. But too much salt can increase your blood pressure and your risk of heart disease and stroke.

### Our advice

Try not to eat too many salt-preserved or high-salt foods. And check the salt content of processed foods and ready meals. There is often salt hidden where you wouldn't expect it and you may not be able to taste it if the foods are also high in sugar.



### Fibre

Eating lots of fibre will reduce your risk of bowel cancer. Fibre-rich foods can reduce the risk of bowel cancer by at least a quarter. These include fruit and vegetables, wholegrain cereals, wholemeal and wholegrain bread, brown rice and pulses.

### Our advice

Boost the fibre in your diet by choosing wholegrain varieties of starchy foods wherever possible, such as wholemeal bread and wholegrain cereals. Many fruits and vegetables also contain lots of fibre, especially peas, spinach, apples, avocados, pears, berries. Other fruit and vegetables that contain moderate amounts of fibre include Brussels sprouts, green beans, broccoli, corn, spinach, carrots and oranges.



### Fish

Eating lots of fish may reduce your risk of bowel cancer. Fish could reduce your risk of bowel cancer, although this still needs to be conclusively shown.

### Our advice

Try eating more fish instead of red or processed meat. When poached, baked or steamed, it is especially good for you.



### Vitamins and Minerals

It is important to get a balanced combination of vitamins and minerals. Vitamins and minerals, such as folate, selenium, calcium, and vitamins A, C and E, could reduce your risk of many cancers. It is still unclear which specific vitamins or minerals may do so. But it is likely that you need a combination of all of them.

### Our advice

Eat lots of different fruit and vegetables to get your vitamin and mineral needs. Don't rely on supplements - they do not substitute for a balanced diet and could even cause you harm.



### Fats

Although fats are a necessary part of our diet, avoiding high-fat foods may help reduce your risk of cancer and heart disease and other conditions. Vegetable foods are richer in monounsaturated or polyunsaturated fats, while meat is higher in saturated fats. There is evidence that eating too much saturated fat may increase your risk of breast cancer.

### Our advice

Try not to eat too many fatty foods. In particular, try to cut down on saturated fats from fatty meat, biscuits, crisps, cheese and butter. Choose lean cuts of meat and semi-skimmed or skimmed milk. Try to avoid frying food in lots of oil - try steaming, braising or lightly grilling instead.



# BEEF AND BROCCOLI STIR-FRY

15 minutes preparation + 10 minutes cooking

5 serves of vegies in this recipe

## Ingredients

250g cooked Hokkien egg noodles  
2 teaspoons oil  
400g rump steak, sliced  
1 medium brown onion, diced  
2 cloves garlic, crushed  
1 teaspoon ginger, peeled and grated  
½ head broccoli, cut into florets  
100g snow peas, ends and strings removed  
2 tablespoons water  
1 tablespoon oyster sauce  
1 teaspoon cornflour  
½ tablespoon reduced-salt soy sauce  
1 teaspoon chilli sauce



## Instructions

1. Prepare noodles following packet directions.
2. Heat oil in pan, stir-fry beef in two batches, set aside and keep warm.
3. Add onion, garlic and ginger, cooking until onion is translucent.
4. Add broccoli, snow peas and water, cooking until vegetables soften.
5. Return beef to pan.
6. In a small bowl combine water, cornflour and sauces. Stir through beef and vegetables and allow to bubble and thicken.

### Variation

Substitute 400g lean pork leg steak for beef. Replace broccoli and snow peas with other vegetables, eg: Chinese cabbage, bok choy and sliced carrots.

## Nutritional Information

Serves 4. Serve size: 343g

	Quantity per serving	Quantity per 100g
Energy	1772.95 kJ	517.50 kJ
Protein	38.95 g	11.37 g
Fat	11.79 g	3.44 g
-saturated	4.20 g	1.23 g
Carbohydrate	37.08 g	10.82 g
-sugars	3.19 g	0.93 g
Fibre	5.35 g	1.56 g
Sodium	493.83 mg	144.14 mg

# APPLE AND OAT MUFFINS

Makes 12

## Ingredients

1 cup self-raising flour  
1 cup plain flour  
1½ tsp baking powder  
¾ cup tightly packed brown sugar  
½ cup rolled oats, plus 1 tbsp extra  
1½ cups vanilla yoghurt, at room temperature  
2 eggs, lightly beaten  
100mL light olive oil  
1 red or green skinned apple, thinly sliced



## Instructions

1. Preheat oven to 180°C. Grease 2 x 6 large muffin pans with cooking spray or line with muffin cases.
2. Sift flours and baking powder together. Stir in sugar and oats. Whisk yoghurt, eggs and oil together and add to flour. Mix until just combined.
3. Divide mixture evenly into muffin pans until three-quarters full. Gently push slices of apple into mixture until covered and sprinkle with extra rolled oats.
4. Bake for 25 minutes or until golden in colour and cooked when tested. Cool for 5 minutes in pan before transferring to a wire cake rack. Serve warm.

## Facts

An apple a day may actually keep the doctor away! Apples are full of phytochemicals, which reduce cancer. Pectin, the fibre in apple skin, prevents the growth of harmful bacteria, and nourishes the intestinal lining making it more resistant to becoming cancerous.

Oats also contain hundreds of phytochemicals, and are rich in antioxidants. They are also full of dietary fibre, and the insoluble fibres in oats are thought to reduce carcinogens in the gastrointestinal tract.

# TOFU STIR-FRY

30 minutes preparation + 10 minutes cooking  
13 serves of vegies in this recipe

## Ingredients

2 cups rice  
275 g firm tofu, cubed  
1 clove garlic, crushed  
2 tablespoons ginger, grated  
1 tablespoon oyster sauce  
2 tablespoons chilli sauce (or ½ teaspoon chilli flakes)  
1 tablespoon sesame or olive oil  
1 medium carrot, thinly sliced  
1 red capsicum, seeded and sliced  
150 g snow peas, cut into strips with strings removed  
200 g mushrooms, sliced  
6 spring onions, chopped  
½ Chinese cabbage, finely sliced  
1 cup bean shoots



## Instructions

1. Cook rice following packet directions.
2. Place tofu in a bowl and marinate for 30 minutes with garlic, ginger and sauces. Drain, retaining marinade.
3. Heat a wok or non-stick frypan, add oil and tofu and stir-fry until brown on all sides.
4. Remove and keep warm.
5. Add remaining ingredients except bean shoots and stir for 3–4 minutes until lightly cooked.
6. Add bean shoots and tofu, stir through reserved marinade. Serve with rice.

### Variation

Savoy cabbage, Brussels sprouts or bok choy may be used instead of Chinese cabbage, and try a small leek instead of spring onions.

## Nutritional Information

Serves 4. Serve size: 630 g

	Quantity per serving	Quantity per 100g
Energy	2254.93 kJ	358.15 kJ
Protein	18.41 g	2.92 g
Fat	13.74 g	2.18 g
-saturated	2.25 g	0.36 g
Carbohydrate	81.30 g	81.30 g
-sugars	8.20 g	8.20 g
Fibre	8.11 g	1.29 g
Sodium	762.50 mg	121.11 mg

# CHICKEN & VEGIE PIE

20 minutes preparation + 30 minutes cooking  
10 serves of vegies in this recipe

## Ingredients

4 small chicken breasts, skin removed  
2 cups chicken stock  
2 tablespoons dry sherry or white wine (optional)  
1 bay leaf or bouquet garni sachet  
700g mixed vegetables of choice (carrots, cauliflower, leeks, cabbage, asparagus, baby corn, peas)  
2 teaspoons cornflour  
2 tablespoons low-fat milk  
2 tablespoons chopped mixed herbs (parsley, thyme, oregano, marjoram) or 1 teaspoon dried mixed herbs  
Freshly ground or cracked black pepper, to taste  
6 sheets filo pastry  
Olive or canola oil spray



## Instructions

1. Preheat oven to 200°C. In a large covered pan, slowly poach chicken breasts in chicken stock, sherry and bay leaf for 15–20 minutes depending on size.
2. Cut vegetables into bite-sized pieces and add to the pan. Cover and continue to cook for 5 minutes.
3. Remove the bay leaf and place chicken and vegetables into a deep pie dish, leaving behind the juices.
4. Mix cornflour with milk and add to juices, bringing to the boil to thicken. Add herbs and season with pepper.
5. Pour sauce over chicken and vegetables.
6. Prepare pastry crust by spraying every second sheet of filo with a little oil and layering sheets on top of each other. Place over top of dish, scrunching up slightly. Spray with a little oil and bake until crisp and brown. Serve immediately.

## Nutritional Information

Serves 4. Serve size: 343g

	Quantity per serving	Quantity per 100g
Energy	2161.50 kJ	377.39 kJ
Protein	61.09 g	10.67 g
Fat	16.38 g	2.86 g
-saturated	4.58 g	0.80 g
Carbohydrate	25.52 g	4.46 g
-sugars	7.57 g	1.32 g
Fibre	6.07 g	1.06 g
Sodium	649.13 mg	113.34 mg

# CABBAGE ROLLS

20 minutes preparation + 1 hour cooking

16 serves of vegies in this recipe

## Ingredients

½ cup white rice  
8 large cabbage leaves  
1 onion, finely chopped  
250g lean pork minced  
50g packet reduced-salt cream of chicken soup mix  
1 egg  
¼ cup chives, chopped  
3 spring onions, chopped  
2 ripe tomatoes, chopped  
1 large capsicum, seeded and finely diced  
425g can crushed tomatoes



## Instructions

1. Cook rice following packet directions and cool. Preheat oven to 180 °C.
2. Blanch cabbage leaves in boiling water for 1–2 minutes until soft, drain onto a clean tea towel and remove coarse stems.
3. Combine remaining ingredients except canned tomatoes. Divide between the cabbage leaves and fold into rolls, ensuring the filling is enclosed.
4. Place seam side down and pack tightly in an oblong baking dish.
5. Spoon over crushed tomatoes and cover tightly with foil. Bake for 1 hour.

### Variation

Substitute chicken or beef for pork mince. Add 50g grated Parmesan cheese to the rice mixture for added flavour.

## Nutritional Information

Serves in this recipe: 4 Serve size: 449 g

	Quantity per serving	Quantity per 100g
Energy	1431.37 kJ	318.61 kJ
Protein	24.79 g	5.52 g
Fat	10.76 g	2.40 g
-saturated	3.22 g	0.72 g
Carbohydrate	32.13 g	7.15 g
-sugars	9.34 g	2.08 g
Fibre	7.89 g	1.76 g
Sodium	639.89 mg	142.43 mg



# FISH & CRUNCHY ASIAN SALAD

10-15 minutes preparation + 5 minutes cooking

14 serves of vegies in this recipe

## Ingredients

4 pieces of firm fish fillet may be used in this dish

2 teaspoons olive oil

### Salad

3 cups Chinese cabbage, sliced

1 Lebanese cucumber, sliced

1 bunch English spinach leaves

12 snow peas, ends and strings removed

4 radishes, sliced

3 spring onions, sliced

1 cup bean shoots

1 chilli, seeded and sliced

250g cooked egg noodles, chilled



### Asian-style dressing

4 tablespoons lime or lemon juice

2 tablespoons olive oil

1 teaspoon sesame oil

1 tablespoon reduced-salt soy sauce

½ teaspoon brown sugar

1 tablespoon fresh ginger, peeled and finely diced

1 small clove garlic, chopped

1 fresh chilli, seeded and finely diced

½ cup parsley, mint or coriander, chopped

## Instructions

Brush fish with oil and grill or pan-fry. Mix salad ingredients in a serving bowl.

Combine dressing ingredients in a glass jar with lid. Shake to combine and toss with salad. Serve immediately with fish

## Nutritional Information

Serves in this recipe: 4 Serve size: 537 g

	Quantity per serving	Quantity per 100g
Energy	1752.98 kJ	326.71 kJ
Protein	37.62 g	7.01 g
Fat	16.80 g	3.13 g
-saturated	2.81 g	0.52 g
Carbohydrate	24.31 g	4.53 g
-sugars	6.27 g	1.17 g
Fibre	8.69 g	1.62 g
Sodium	389.13 mg	72.52 mg

# COUSCOUS SALAD

Makes 8 to 10 servings

## Ingredients

1 teaspoon minced garlic, divided  
4 tablespoons lemon juice, divided  
2 1/2 cups canned fat-free chicken broth  
1 1/2 cups couscous  
1/3 cup chopped fresh parsley  
1 (10-ounce) package snow peas, cooked  
crisp tender according to directions  
5 green onions, chopped  
1/2 cup peanuts  
1/2 cup dried cranberries  
2 tablespoons olive oil  
Dash of hot pepper sauce



## Instructions

1. In a pot coated with non-stick cooking spray, sauté 1/2 teaspoon garlic, add 1 tablespoon each of lemon juice and chicken broth. Bring to full boil, add couscous, cover pot, remove from heat.
2. Let sit 5 minutes, fluff with fork and add parsley. Set aside to cool.
3. When cool, add snow peas, green onions, peanuts, and cranberries.
4. For dressing, mix together remaining 1/2 teaspoon minced garlic and 3 tablespoons lemon juice, oil, and hot sauce. Toss the dressing with the couscous mixture.

## Nutritional Information

Calories 204, Protein (g) 7, Carbohydrate (g) 30, Fat (g) 7, Cal. from Fat (%) 29, Saturated Fat (g) 1, Dietary Fibre (g) 4, Cholesterol (mg) 0, Sodium (mg) 162, Diabetic Exchanges: 1.5 starch, 0.5 fruit, 1 fat

## Facts

A high fibre recipe with the ingredients providing calcium and vitamin C.

It's not uncommon to experience side effects such as nausea, vomiting or loss of appetite after some treatments. This delicious couscous salad recipe can help you keep up your strength.

# SWEET & SOUR BROCCOLI SALAD

Makes 6 servings

## Ingredients

4 cups broccoli florets, cut in small pieces  
1/2 cup chopped green onions  
2 cups red or green grapes, or combination  
1 head red tip lettuce, torn into pieces  
1 tablespoon butter  
1/4 cup slivered almonds  
1/2 cup red wine vinegar  
1/4 cup sugar  
2 tablespoons reduced-sodium soy sauce  
1 tablespoon olive oil



## Instructions

1. In a large bowl, combine broccoli, green onions, grapes, and lettuce; set aside.
2. In a small skillet coated with non-stick cooking spray, melt butter. Add almonds, sauté until light brown; set aside.
3. In a small bowl, whisk together red wine vinegar, sugar, soy sauce, and olive oil.
4. Pour over broccoli mixture, toss. Stir in the browned almonds.

## Nutritional Information

Calories 165, Protein (g) 4, Carbohydrate (g) 23, Fat (g) 8, Cal. from Fat (%) 39, Saturated Fat (g) 1, Dietary Fiber (g) 3, Cholesterol (mg) 0, Sodium (mg) 242, Diabetic Exchanges: 0.5 fruit, 1 vegetable, 0.5 other carbohydrate, 1.5 fat

## Facts

Broccoli is in the cruciferous family. Broccoli contains indoles which are effective in protecting against certain forms of cancer. It has a rich supply of vitamins and minerals.

# SEARED TUNA WITH ROCKET & LEMON LINGINI

## Ingredients

Pasta, uncooked, 100 g, eg. linguini  
Olive oil, 2 teaspoon(s)  
Tuna, yellowfin, raw, 250 g  
Sea salt, 1 pinch(s)  
Pepper, any type, ground, 1 pinch(s)  
Garlic, 1 clove(s), crushed  
Zucchini, 1 large, sliced into ribbons  
Lemon juice, 0.5 juice of 1 lemon  
Lemon peel, 0.5 zest from 1 lemon  
Rocket, any type, 2 cup(s)  
Basil, 0.25 cup(s)  
Asparagus, 8 spear(s), sliced lengthways



## Instructions

1. Cook the linguine in a large pot of salted, boiling water for 10-12 minutes, or until al dente. Drain and set aside.
2. Meanwhile, heat 1 teaspoon of the oil in a non-stick fry pan over a medium heat. Season the tuna with salt and pepper, cook for 1-2 minutes each side, ensuring the tuna is still pink in colour. Remove from the pan, set aside and cover with foil to keep warm.
3. Place the same pan back on the heat and add the remaining teaspoon of oil. Add the garlic, zucchini, cherry tomatoes and lemon zest and cook for 2-3 minutes. Mix in the cooked pasta, along with a dash of water and toss to coat. Season with salt and pepper and stir in the basil, lemon juice and rocket.
4. Immediately place in a serving bowl, cut the tuna into bite-size pieces and scatter on top along with lemon wedges.

## Nutritional Information

Energy	374.8 cal / 1567.2 kJ
Total Fat	7.0g
Saturated Fat	-
Monounsaturated Fat	-
Polyunsaturated Fat	-
Omega 3 Fat	-
Trans Fat	-
Cholesterol	-
Sodium	-
Total Carbohydrates	37.3g
Dietary Fibre	4.9g
Sugars	3.2g
Protein	37.3g

# CREAMY SALMON GNOCCHI

4 serves

## Ingredients

- 1 tbsp olive oil
- 2 (about 400g) skinless salmon fillets
- 500g potato gnocchi
- 1 garlic clove, crushed
- 1 cup frozen broad beans, thawed and peeled
- $\frac{3}{4}$  cup light sour cream
- 1 tbsp chopped fresh dill



## Instructions

1. Heat a large frying pan over medium heat. Rub oil over the salmon. Cook for 4 minutes each side or until cooked to your liking. Transfer to a plate.
2. Cook the gnocchi in a saucepan of salted boiling water until al dente. Drain.
3. Flake the salmon into large pieces. Heat the frying pan over medium heat.
4. Add the garlic and broad beans. Cook for 30 seconds.
5. Add the gnocchi, salmon and sour cream and toss to combine. Cook, tossing, for 2 minutes or until the mixture is heated through.
6. Top with dill and serve.

## Facts

Salmon contains omega-3 fatty acids, which appear to play a role in warding off cancer. Also, a diet too high in red meat can increase your chance of bowel cancer, so sometimes it's good to substitute red meat with fish.

Broad beans contain a high amount of antioxidants. They also contain lignins, which research suggests can help to prevent pancreatic and bowel cancer.

# SWEET POTATO SOUP

4 Serves

## Ingredients

1 tbsp olive oil  
2 leeks, halved, washed and sliced  
1 tsp ground cumin  
½ tsp ground cinnamon  
1 long red chilli, deseeded and chopped  
800g sweet potato, peeled and cubed  
600g carrots, chopped  
5 cups salt-reduced vegetable stock  
1/3 cup coriander leaves, chopped  
1/3 cup light thickened cream  
Crusty bread, to serve



## Instructions

1. Heat oil in a large, heavy-based saucepan over medium-high heat. Add leek and cook, stirring, for 2 to 3 minutes or until soft.
2. Add cumin, cinnamon and chilli. Cook, stirring, for 30 seconds.
3. Add potato and carrot. Stir to coat in leek mixture.
4. Add stock, cover and bring to the boil. Reduce heat to medium-low and simmer for 20 minutes or until vegetables are tender. Remove pan from heat.
5. Blend or process soup, in batches, until smooth. Return to pan over low heat until warmed through. Season with salt and pepper. Stir in coriander.
6. Spoon into bowls and drizzle with cream. Serve with crusty bread.

### Variation

Substitute 400g lean pork leg steak for beef. Replace broccoli and snow peas with other vegetables, eg: Chinese cabbage, bok choy and sliced carrots.

## Facts

Sweet potatoes and carrots contain extremely high levels of beta carotene, which can block the growth of cancerous cells by boosting the immune system and releasing a chemical called tumour necrosis factor.

# APPLE CHOCOLATE MUD CAKE

It is a good dense cake that is similar to a mud cake but healthier.  
Submitted by Jan, Pancreatic cancer survivor

## Ingredients

185g reduced fat butter  
1¼ cups sugar  
3 eggs  
2 cups of self-raising flour  
¼ tsp bicarb soda  
1/3 cup water  
300g grated apple I have weighted this and it is 3 apples.  
The variety doesn't matter. I have used 2 apples and 1 nashi pear and it still tasted great.



## Instructions

1. Beat together butter and sugar
2. Beat in the eggs
3. Add flour, bicarb and water
4. Mix well
5. Add grated apple at the end.
6. Bake for 1¼ hours at 180 C.
7. A square or round tin gives a denser cake where as a ring or baba tin gives a lighter cake that can be filled with strawberries or fruit.

## Facts

Apples are a good source of fibre and vitamin C. In laboratory studies, flavonoids such as quercetin and the triterpenoids found in apples have slowed the development of cancers of the colon, lung and breast in several stages of cancer development.

# ORANGE & DATE SALAD WITH HONEY YOGHURT

## Ingredients

Orange, any type, 2 orange(s) (approx 200g with skin), sliced  
Dried dates, 5 date(s), pitted  
Flaked almonds, 1 tablespoon(s)  
Fresh mint, 1 tablespoon(s), roughly torn  
Natural yoghurt, low fat, 0.25 200g tub(s)  
Honey, 1 teaspoon(s)



## Instructions

Arrange half the orange slices, dates and mint on a plate then repeat with a second layer. Sprinkle the fruit with flaked almonds. In a small bowl, combine yoghurt and honey. Mix well and serve on the side of the salad or drizzled on top if desired.

## Nutritional Information

Energy	152.5 cal /637.9 kJ
Total Fat	2.4g
Saturated Fat	0.2g
Monounsaturated Fat	-
Polyunsaturated Fat	-
Omega 3 Fat	-
Trans Fat	-
Cholesterol	-
Sodium	28.2mg
Total Carbohydrates	25.9g
Dietary Fibre	5.5g
Sugars	25.7g
Protein	4.3g
Potassium	435.1mg



# CHICK PEA SALAD WITH CITRUS DRESSING

## Ingredients

Butternut pumpkin, 180 g, peeled and cut into rough chunks  
Olive oil spray, 1 spray(s)  
Sea salt, 2 g, pinch  
Zucchini, 1 medium, sliced  
Asparagus, 3 spear(s), cut into 3cm lengths  
Sesame seeds, white, 1 teaspoon(s)  
Chickpeas, cooked, 1 cup(s), drained  
Red onion, 0.3 cup(s) chopped  
Cherry tomato, 1 serve(s) (5 regular cherry tomatoes per serve), halved  
Orange juice, 1 tablespoon(s), use freshly squeezed orange juice  
Lemon juice, 1 tablespoon(s), use freshly squeezed lemon juice  
Olive oil, 1 teaspoon(s),  
Honey, 0.5 teaspoon(s)  
White pepper, ground, 1 pinch(s)  
Dried thyme, 2 teaspoon(s)



## Instructions

1. Preheat the oven to 180°C. Place the pumpkin on a baking tray lined with baking paper.
2. Spray lightly with olive oil and sprinkle with a pinch of sea salt. Bake for 10 minutes, then add the zucchini, asparagus and sesame seeds to the pumpkin and bake for a further 5 minutes or until tender.
3. Meanwhile, place the chickpeas in a sieve and rinse under water; drain and set aside.
4. Place the orange juice, lemon juice, olive oil, honey, white pepper and thyme in a small bowl and mix well.
5. In a large mixing bowl, combine the chickpeas, onion, tomatoes and dressing. Add the roast vegetables and toss gently before serving.

### Variation

Substitute 400g lean pork leg steak for beef. Replace broccoli and snow peas with other vegetables, eg: Chinese cabbage, bok choy and sliced carrots.

## Nutritional Information

Energy	254.8 cal /1065.0 kJ	Trans Fat	-
Total Fat	7.0g	Cholesterol	-
Saturated Fat	-	Sodium	-
Monounsaturated Fat	-	Total Carbohydrates	35.2g
Polyunsaturated Fat	-	Dietary Fibre	-
Omega 3 Fat	-	Sugars	14.5g
		Protein	11.4g



For more information please contact:

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