



P&O Cruises teams up with Annabel Karmel to elevate children's dining

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P&O Cruises has partnered with bestselling children's cookery author and nutrition expert, Annabel Karmel, MBE, to launch a new range of meals onboard its family-friendly ships that will appeal to children and parents alike.

With over three decades of expertise to bring to the table, Annabel has worked with P&O Cruises culinary team to cook-up delicious, nutritious recipes. The new dishes offer fun twists on classic favourites as well as tasty worldly dishes, including teriyaki salmon fillets, grilled steak and vegan spaghetti bolognese, so there is something to please every young traveller.

"Children eat with their eyes, so every dish is packed with colour and flavour. My glazed chicken strips are a fun and healthy take on traditional nuggets. I've supercharged my spag bol with FIVE veggies. And we set sail across the globe with my famous fruity chicken curry. Even the pickiest of seafarers will love it!" comments Annabel Karmel.

P&O Cruises president Paul Ludlow said, "Our family-friendly ships provide the most incredible experiences to bring the whole family together, and food is no exception. Annabel is a true icon in her field, and we can't wait for our young guests to refuel on her delicious recipes, prepared by our experienced culinary team".

The new menu will be available on the family-friendly ships from this summer.

For more information or to book, call P&O Cruises on 03453 555 111, visit www.pocruises.com or visit a travel agent.

For images, please download from [here](#).

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About P&O Cruises

P&O Cruises is Britain's favourite cruise line, welcoming guests to experience holidays with a blend of discovery, choice, relaxation and exceptional service catered towards British tastes. Each of the seven ships has its own appeal from family friendly or exclusively for adults. With over 200 destinations worldwide, P&O Cruises itineraries are carefully curated to inspire discovery and are varied to suit newcomers and experienced guests alike.

P&O Cruises works with the best of the best including Gary Barlow who is music director of The 710 Club on Arvia and Iona and has delivered a number of unique musical moments on board. Crafted to Gary's creative vision, The 710 Club showcases an eclectic range of performances and offers an opportunity for up-and-coming musicians to get their break. Gary also joins guests for exclusive performances P&O Cruises holidays. Multi award-winning performer Nicole Scherzinger is the creative force behind contemporary and breath-taking late night shows to be performed in SkyDome on board Iona and Arvia, and P&O Cruises Food Heroes include chefs Marco Pierre White, José Pizarro, Shivi Ramoutar and Kjartan Skjelde who has created Norwegian speciality dishes, as well as award-winning drinks expert Olly Smith.

Recent awards for P&O Cruises include:

1. The Times and Sunday Times Travel Awards 2023 – Best Ocean Cruise Operator
2. Wave Awards 2023 – Best Value for Money Cruise Line, Favourite Ocean Cruise Line and Best New Ship Launch
3. British Travel Awards 2023 – Best Cruise Line for Family Holidays and Best Cruise Line for No-Fly Cruise Holidays
4. Editors' Picks Cruise Critic Awards 2023 – Best New Ship (Arvia)

The company is part of Carnival Corporation & PLC (NYSE/LSE: CCL; NYSE:CUK).

About Annabel Karmel MBE

With expertise spanning over 30 years, Annabel Karmel, MBE reigns as the UK's no.1 children's cookery author, bestselling international author, and a world-leading expert on de-vising delicious, nutritious meals for babies, children and families.

Since launching her revolutionary cookbook for babies - The Complete Baby and Toddler Meal Planner in 1991 -a feeding 'bible', which has sold over 6 million copies and become the 2nd bestselling non-fiction hardback of all time - Annabel has raised millions of families on her recipes.

With 50 published cookbooks, Annabel's vision has always been to ensure every child gets the nutrition they need for their development and long-term health, and her unique, tasty recipes have made her a true pioneer in her field.

With a vast digital following, including a community of half a million on Instagram alone, an impressive Baby & Toddler Recipe App and award-winning supermarket food ranges, Annabel is a leading pillar for parents looking to give their family the very best start.

In 2006, Annabel received an MBE in the Queen's Birthday Honours for her outstanding work in the field of child nutrition. From kitchen table to global stage, Annabel is loved and trusted all over the world for raising healthy, happy eaters.