




Macula Menu

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An e-cookbook featuring
delicious and nutritious
recipes to help Australians
eat for their eyes.



In celebration of good nutrition and Macula Month (1-31 May) this Macula Menu e-cookbook features delicious and nutritious recipes to help Australians eat for their eyes.

With contributions from celebrities, chefs, eye health professionals, and members of the macular disease community – you're sure to enjoy eating your way through these recipes.

Macular disease is the leading cause of blindness and severe vision loss in Australia. It includes age-related macular degeneration and diabetic eye disease, along with other less common diseases of the macula.

The macula, found at the back of the eye, is responsible for detailed central vision and most colour vision. It is responsible for the ability to read, recognise faces, drive a car, see colours clearly and any other activity that requires fine vision.

That is why, along with having a regular eye test, it's important to eat for your eyes!

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Macula Menu recipes fall into three categories:



HEALTHY EATING



MACULAR DEGENERATION



DIABETES FRIENDLY

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Macula Menu is an initiative of Macular Disease Foundation Australia.
To learn more or to order a free macular disease information kit call
1800 111 709 or visit www.mdfoundation.com.au



Ita Buttrose – Patron, Macula Disease Foundation Australia

Orecchiette with english spinach, broccolini, lemon and garlic



Serves: 4

300g orecchiette pasta
1 bunch broccolini, washed and woody ends trimmed
2 tbsp olive oil
1 onion, diced
2 cloves garlic, sliced
Grated zest of 1 lemon
½ bunch basil, leaves washed and chopped
12 English spinach leaves, washed and stems removed
Best quality extra virgin olive oil
Sea salt and freshly ground black pepper

- 1** Bring a large saucepan of salted water to the boil, add the orecchiette and cook for 15 minutes or until al dente. Drain and refresh with cold water.
- 2** Boil the broccolini in a saucepan for 4 minutes, remove and slice into small pieces.
- 3** Heat the olive oil in a large frying pan and cook the onion, garlic and broccolini for 5 minutes or until tender.
- 4** Add the orecchiette, stir until combined and then add the lemon zest, basil and spinach.
- 5** Season to taste with salt and pepper, drizzle with the extra virgin olive oil and serve immediately.

Note: A head of broccoli can be substituted for broccolini.

Recipe source:

*Eating for Eye Health – The Macular Degeneration Cookbook
Ita Buttrose and Vanessa Jones*



Vanessa (Jones) Harcourt – Chef

Kale and pineapple power drink



2 kale leaves
2 slices fresh pineapple, skin removed
1 slice ginger, peeled (about 10 grams)
1 leaf silver beet spinach
3 sprigs mint
250ml water
2 tsp honey (optional)

- 1** Wash all leafy greens.
- 2** Place all ingredients in an electric juicer and juice until smooth.
- 3** Add honey to taste.

Note: I use a juicer that is similar to a food processor.
This allows for no wastage and as a result makes a juice that is high in fibre and nourishment.



Ed Halmagyi (Fast Ed) – Celebrity Chef

Steamed snapper parcels with lime, ginger and soy, asian slaw and spicy mayo



Serves: 4

6cm piece ginger, cut into fine batons
2 cloves garlic, chopped
2 kaffir lime leaves, finely sliced
2 tbsp soy sauce
2 tbsp fish sauce
2 limes, peeled and diced
4 x 180g Snapper fillets all bones removed
1 cup red cabbage, finely shredded
1 cup wombok, shredded
1 carrot, cut into fine batons
2 green shallots, finely sliced
1 cup snow peas, finely sliced
½ bunch coriander leaves
½ bunch mint leaves
2 Vietnamese mint leaves, chopped
1 cup Kewpie mayonnaise
2 tsp sesame oil
½ tsp chilli powder
2 tbsp sesame seeds, toasted

1 Mix the ginger, garlic, Kaffir lime leaves, soy, fish sauce and lime pieces. Place each snapper fillet on a square of non-stick baking paper, then top with a spoon of the ginger mixture. Fold to enclose, then arrange in a steamer basket over a saucepan of simmering water. Cook for 10 minutes, until just firm.

2 In a large bowl, toss the cabbage, wombok, carrot, shallots, snow peas and herbs. To make mayo, in a small bowl, mix the Kewpie mayonnaise, sesame oil, chilli powder and sesame seeds.

3 Place piles of slaw on each plate then unwrap the fish parcels and serve. Dress with spicy mayonnaise.



Val Nicholson – Macular Disease Community Member

Zucchini frittata



Serves: 6

3 x zucchini grated
1 cup grated tasty cheese
1 large onion finely chopped
1 cup self raising flour
5 eggs lightly beaten
¼ cup olive oil
Pepper to taste

- 1 Preheat oven to 180°C or 160°C fan forced.
- 2 Lightly grease 18 x 20 cm square ovenproof dish.
- 3 Place eggs in a large bowl and beat lightly.
- 4 Add grated zucchini, grated cheese, finely chopped onion and then mix together.
- 5 Fold in self raising flour.
- 6 Add oil and pepper to taste and stir until well combined.
- 7 Pour mixture into prepared greased dish.
- 8 Cook for 30 minutes until set and golden on top.
- 9 Slice and serve warm or refrigerate and serve later with tossed leafy green salad.

Note: You can add in additional ingredients such as smoked salmon or lean bacon for added flavour.



Dr Alan Barclay – Accredited Practising Dietitian

Garlic, lime and black pepper beef stir-fry



Serves: 4

500g lean rump steak, thinly sliced
4 garlic cloves, sliced
2 tbsp lime juice
2 tsp cracked black pepper
canola oil spray
1 carrot, cut into strips
1 red capsicum (pepper), sliced
110g snake (yard-long) beans, cut into short lengths
100g snow peas (mangetout), halved
400g bok choy (pak choy), cut into quarters
370g (2 cups) cooked low-GI brown rice

- 1** Put the beef, garlic, lime juice and pepper in a glass bowl. Stir to combine, then set aside to marinate for 15 minutes.
- 2** Spray a large non-stick wok with canola oil and place over high heat. Stir-fry the marinated beef in two batches for 2–3 minutes or until just cooked. Transfer the beef to a plate.
- 3** Stir-fry the carrot, capsicum and snake beans in the wok for 5–6 minutes or until slightly softened. Add the snow peas, bok choy and 2 tablespoons water, and stir-fry for 2 minutes or until the greens start to wilt.
- 4** Return the beef and juices to the wok and cook, stirring, for 1 minute or until well combined and heated through.
- 5** Serve the beef and vegetables accompanied by the brown rice.

Note: Chicken or pork fillet can be used instead of the beef. Try adding Thai basil, lemongrass or coriander (cilantro) for extra flavour.

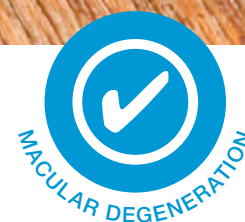
Recipe source:

Reversing Diabetes by Dr Alan Barclay



Des Morton – Macular Disease Community Member

Salmon skewers



Serves: 4

500g skinless salmon fillets
1 red bell pepper
1 green bell pepper
1 red onion
Olive oil
Lemon wedges
Salt and freshly ground black pepper

- 1 Preheat barbeque to medium heat.
- 2 Soak skewers in dish of water to prevent burning.
- 3 Cut salmon fillets, peppers and onion pieces into cubes.
- 4 Thread skewers, alternating the salmon, peppers and onion.
- 5 Brush the skewers liberally with olive oil, and sprinkle with salt and fresh ground black pepper.
- 6 Cook on barbeque grill until the fish is cooked and the vegetables have softened.
- 7 Serve with a squeeze of lemon.



Lyndey Milan – Australian Food Icon

Prawn and kale stir fry



Serves: 4 as an entrée, 2 as a main

600g green prawns, peeled
1 tsp ground cumin
2 tsp sesame oil
1 tbsp extra virgin olive oil
1 onion, sliced
1 carrot, cut into matchsticks
200g kale, shredded
3 cloves garlic, sliced
4cm piece ginger, finely chopped
2 red chillies, chopped
¼ - ½ cup water
¼ cup ponzu
1 tbsp Kecap Manis
Steamed rice or rice noodles, to serve
Coriander leaves, roughly chopped, to serve

- 1** Toss prawns with cumin. Add sesame oil to wok or large frying pan over medium-high heat.
- 2** When hot, stir-fry the prawns until they colour but are not cooked all the way through. Remove and reserve.
- 3** Return wok or frying pan to burner, add olive oil, onion and carrot. Cook, stirring frequently, until onion and carrot are softened but not brown.
- 4** Add the garlic, ginger and chillies and stir-fry for a minute more.
- 5** Add shredded kale leaves and water to help soften, stirring constantly.
- 6** Return prawns to the pan, add ponzu and Kecap Manis, stir through and serve immediately with steamed rice or rice noodles, if desired. Sprinkle with coriander leaves.

Note: To make this an even better recipe for eye health, replace the prawns with 2 x 180g salmon fillets. Sprinkle them with cumin, then heat 2 tsp sesame oil in a large frying pan over medium heat. Add salmon fillets and cook for 2-3 minutes on each side or until cooked to your liking. Alternatively, place in pre-heated 200°C (180°C fan-forced) for 7 minutes.



Clare Ashen – Macular Disease Foundation Australia Volunteer

Pumpkin soup



Serves: 6

40g butter
1 large brown onion, chopped
2 large potatoes, chopped
1.5kg pumpkin, chopped
1.5 ltr chicken stock
Sour cream to serve

- 1** Melt butter in saucepan, add onion and cook until softened.
- 2** Add chopped potatoes and pumpkin to the saucepan and cook for approx 5 minutes, stirring occasionally.
- 3** Add chicken stock and bring to boil. Simmer uncovered for approx 20 minutes or until vegetables have softened.
- 4** Remove saucepan from the heat and process mixture until well pureed.
- 5** For those that prefer a more textured soup, go to step 6. For a silky smooth soup, push pureed mixture through a kitchen sieve.
- 6** Return soup to stove and heat.
- 7** Serve with a dollop of sour cream.



Jean Kittson – Macular Disease Foundation Ambassador

Salmon salad with goji berries



Serves: 4

2 skinless salmon fillets
1 avocado, cut into segments
1 tbsp chopped fresh chives
2 tbsp goji berries
2 tbsp pumpkin seeds
2 tsp finely grated lemon rind
1 tbsp lemon juice
2 tsp extra virgin olive oil
60g watercress, washed
Lemon wedges

1 Cook salmon fillets to your liking by steaming, grilling or cooking on the char grill. Once fillets are cooked set aside to cool slightly. Flake salmon into chunks.

2 Add avocado, chives, goji berries, pumpkin seeds, watercress, lemon rind, lemon juice and oil in a large bowl. Season and toss gently to combine.

3 Plate up salad mixture on a flat serving dish, top with flaked salmon and serve with lemon wedges.

Note: You can make this with any mix of salad greens such as baby spinach, rocket and endive.



Michael Moore – Chef and Author

Barbecued salmon sang choy bau



Serves: 4

2 tsp soy sauce
1 tsp agave nectar
2 salmon steaks
pinch ground ginger
1 tbsp vegetable oil
½ bunch scallions/shallots, sliced
1 red pepper/capsicum diced
2 tablespoons corn kernels
1 cup brown rice, cooked
1 pinch dried chili flakes (optional)
1 cup bean sprouts
1 pinch ground ginger
1 lemon
1 large lettuce (iceberg, cob or romaine)

1 In a small bowl mix together half of the soy sauce and agave nectar and brush over the salmon steaks. Dust them with the ground ginger and place in the fridge for at least 30 minutes or overnight.

2 Warm oil in a wok or large non-stick frying pan, sear the salmon steaks for 2 minutes each side and remove to a plate. After resting for a minute or two, use a fork to flake salmon into small pieces and set aside.

3 In the same hot wok, add the scallions, red pepper and corn kernels, then stir-fry together for 3 minutes. Add the rice, chili flakes if using, and a tablespoon of water. Add the salmon and any juices on the plate and stir-fry together for a one minute. It should be moist but not glugging together. Add bean sprouts. Add a squeeze of fresh lemon juice, season and serve in the leaves of cob, romaine or iceberg lettuce.

Note: A great sharing family dish for everyone.

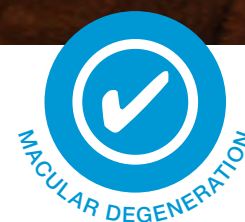
Recipe source:

Blood Sugar by Michael Moore



Dee Hopkins – CEO, Macular Disease Foundation Australia

Colcannon



Serves: 4

450g potatoes
250g kale
4 finely chopped spring onion
Chopped chives
Skim milk
Small knob butter
Salt and black pepper

1 Peel, chop then boil or steam potatoes until cooked. Mash well.

2 Heat milk with butter. Beat into the potato mix until smooth and creamy.

3 Cook kale in saucepan of boiling water until just cooked, drain and finely chop.

4 Mix the mashed potatoes, cooked kale, spring onion and chives together. Season well.

Note: Green leafy vegetables such as kale are one of the very best foods you can eat for your eyes. For a low GI version of this traditional Irish dish, try making it with sweet potato.

Tip: Use leftovers to make potato cakes. Take small amount of leftover potato mix and form into small patties. Coat with flour and cook in lightly oiled frypan.



Carolyn Hewett – Peter Hewett Optometrists
by George & Matilda Eyecare



Middle Eastern salad

Pumpkin
Pepitas and sunflower seeds
Sumac
Olive oil
Farro whole grain
Vegetable stock
Saffron
Goat's cheese
Beetroot
Fresh salad leaves - such as spinach,
basil, radicchio
Smoked trout
Preserved lemon

- 1** Cook a cup of farro in vegetable stock with saffron strands. (You can use a rice cooker for this). Allow to cool.
- 2** Cube pumpkin and spray with olive oil. Roast with sumac and seeds in the oven. Allow to cool.
- 3** Cube beetroot (no need to work from scratch here, let's face it this is a messy task and excellent pre-packed beetroot is available at the green grocer or supermarket)
- 4** Gather and wash fresh garden greens. Salad leaves, spinach, basil and radicchio are a great combination.
- 5** Toss with goat's cheese and olive oil.
- 6** Add pumpkin, farro whole grain and seeds.
- 7** Serve with smoked trout and preserved lemon.

Note: This delicious salad was inspired by a trip to Istanbul. Quantities to your liking. Leftover salad makes a great workday lunch on a wholegrain roll.



Nancy Swe – Macular Disease Foundation Volunteer

Stir fry pork with vegetables




Serves: 2

250g lean pork loin medallions
150g carrots
75g fresh snow pea
100g fresh small button mushroom
1 small brown onion
3½ tsp corn flour
1 tsp reduced salt soy sauce
4 tsp of olive oil
100 ml cold water

- 1** Cut pork across the grain into small strips then marinate with 1 teaspoon of soy sauce and ½ teaspoon of corn flour overnight in the fridge.
- 2** Cut carrots into small round discs.
- 3** Cut off end of snow peas, wash and dip into hot boiling water until deep green. Remove from pan and put in bowl of ice cold water for a few minutes. Drain.
- 4** Cut off stem from small fresh button mushrooms and cut into half.
- 5** Mix 3 teaspoons of corn flour to 100 ml of cold water.
- 6** Cut the small onion into 4 pieces.
- 7** Heat the olive oil on high heat in a wok and add pork and stirring well for 1-2 minutes. Remove from frying pan.
- 8** Add onion, carrot, mushroom and snow peas to pan, stir for 1-2 minutes. Return pork to pan then add corn flour water. When thickened it is ready to serve.

Note: You can add a sprinkle of pepper to serve if you wish.



Nutrition plays an important role in optimising macular health, and reducing the risk of macular disease. Macular disease includes age-related macular degeneration, diabetic eye disease, and a range of less common diseases of the macula. Eating a healthy, well-balanced diet which includes eye health foods is good for overall wellbeing, as well as eye health.

Adopting the following simple practices as a normal part of your diet can help reduce the risk of vision loss from macular disease, whether or not you have been diagnosed with the disease.

- Eat a healthy, well-balanced diet
- Eat dark green leafy vegetables and fresh fruit daily
- Eat fish two to three times a week
- Choose low glycemic index (low GI) carbohydrates instead of high GI
- Eat a handful of nuts a week
- Limit the intake of fats and oils

In addition, keep a healthy lifestyle by maintaining a healthy weight and exercising regularly.

Age-related macular degeneration – Nutrition can play an important role in slowing the progression of age-related macular degeneration. Following a well balanced, eye healthy diet is important for those living with age-related macular degeneration. An appropriate supplement may also be a consideration, in consultation with a doctor. Further information is available in the Foundation's publication, *Nutrition & Supplements for Macular Degeneration*.

Diabetes – Everyone with diabetes is at risk of developing diabetic eye disease and diet and lifestyle play a critical role. For those living with diabetes, the Foundation's publication, *Diabetic Eye Disease*, provides information on diet and lifestyle in relation to eye health. Information on diet is also available from Diabetes Australia and state diabetes associations.

For further information and support, or a free information kit, call the Foundation's Helpline 1800 111 709 or visit www.mdfoundation.com.au

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