

EATING FOR EYE HEALTH

MEDITERRANEAN MENU

MACULAR DISEASE FOUNDATION AUSTRALIA



THE MEDITERRANEAN

There are 21 countries which border the Mediterranean Sea. They are Spain, France, Monaco, Italy, Malta, Slovenia, Croatia, Bosnia and Herzegovina, Montenegro, Albania, Greece, Turkey, Cyprus, Syria, Lebanon, Israel, Egypt, Libya, Tunisia, Algeria and Morocco.



A NOTE FROM MDFA

Food for thought

Macular disease is one of the leading causes of blindness and severe vision loss in Australia. While research into a cure is continuing, we do know that a few simple changes in lifestyle and diet can help support macular health.

Don't smoke; get regular exercise; eat a healthy, well-balanced diet. Simple steps that are good for general wellbeing as well as eye health.

But many of us struggle to incorporate enough fresh fruit and vegetables – particularly the dark green leafy vegetables so important for a healthy macula – into our everyday diet so we've put together some of our favourite Mediterranean recipes. Enjoy!



Dee Hopkins
CEO



ITALIAN PESTO CHICKEN SALAD

SERVES 4



½ cup nonfat plain Greek
yoghurt
⅓ cup mayonnaise
2 tablespoons minced shallot
2 tablespoons pesto
2 teaspoons lemon juice
½ teaspoon salt
½ teaspoon ground pepper
3 cups shredded or chopped
cooked chicken
1 cup packed coarsely chopped
rocket
½ cup halved cherry tomatoes
3 tablespoons toasted pine nuts

Combine yoghurt, mayonnaise,
shallot, pesto, lemon juice, salt
and pepper in a large bowl.

Stir in chicken, rocket and
tomatoes. Top with pine nuts.

Serve at room temperature or
refrigerate until cold, about 2
hours.



SPANISH STYLE BAKED PRAWNS & VEGETABLES



1 bunch asparagus, tough parts removed, cut into 3 cm pieces

2 cups cherry tomatoes

1 red onion, halved and thickly sliced

1 kg large prawns, peeled and deveined

Extra virgin olive oil

1/2 lemon, juice of

Fresh chopped parsley for garnish

SERVES 4

Preheat oven to 180 degrees

Make the sauce in a small bowl, whisking to combine.

Place the vegetables on the largest sheet pan you have. Pour 1/4 cup of the sauce on top, and work with your hands to make sure all the veggies are well coated. Spread the veggies out in one layer. Bake in heated oven for 10-12 mins.

Meanwhile, in a large bowl, add the prawns. Pour the remaining sauce on top, and again toss to make sure all the shrimp is well-coated. Remove vegetables from the oven. Push vegetables to one half of the pan, and add the prawns on the other half of the sheet pan. Prawns should be in one layer, do not crowd. Place pan back in oven. Bake for 5 minutes or so until shrimp is done, do not over-bake. Remove from oven. Finish with a drizzle of extra virgin olive oil, freshly squeezed lemon juice, and parsley.



BLITVA (CROATIAN SWISS CHARD)

SERVES 4



1 kg Swiss chard
3-4 medium potatoes
2-3 garlic cloves
2-3 tablespoons olive oil
salt
pepper

Bring a large pot of salted water to a boil. Add peeled and cubed (1/2-1 in cubes) potatoes. Rinse the Swiss chard, remove tough stems, and cut into 1 cm strips (or just tear into large pieces). When potatoes are almost done, add the Swiss chard, and cook all together for an additional 10 minutes (15 minutes if the chard is older). Sauté garlic in olive oil, and add the cooked, drained chard and potatoes to it (you may keep some water so that it looks like a thick soup). Salt and pepper to taste. Stir and cook for 1 more minute in order to bring all flavours together.



FUL MEDAMES (FAVA BEANS) - EGYPT

SERVES 4



2 cups small Egyptian fava beans (ful medames), soaked overnight (and left unpeeled)

Salt

1/3 cup chopped flat-leaf parsley

Extra virgin olive oil

3 lemons, quartered

Salt and pepper

4–6 cloves garlic, crushed

Chilli flakes

Cumin

Serve with

Pita bread

eggs, hard-boiled

Cucumber, tomato salad

Onions, thinly sliced

As the cooking time varies depending on the quality and age of the beans, it is good to cook them in advance and to reheat them when you are ready to serve. Cook the drained beans in a fresh portion of unsalted water in a large saucepan with the lid on until tender, adding water to keep them covered, and salt when the beans have softened. They take 2–2 1/2 hours of gentle simmering. When the beans are soft, let the liquid reduce. It is usual to take out a ladle or two of the beans and to mash them with some of the cooking liquid, then stir this back into the beans. This is to thicken the sauce.

Serve the beans in soup bowls sprinkled with chopped parsley and accompanied by Pita bread.

Pass round the dressing ingredients for everyone to help themselves: a bottle of extra-virgin olive oil, the quartered lemons, salt and pepper, a little saucer with the crushed garlic, one with chilli flakes, and one with ground cumin.

The beans are eaten gently crushed with the fork, so that they absorb the dressing.

Peel hard-boiled eggs—1 per person—to cut up in the bowl with the beans.

Top the beans with a chopped cucumber and tomato salad and thinly sliced mild onions.



HOBZ BIZ ZEJT - MALTA



Slices of dense, crusty bread
 Tomato paste
 Chopped Spanish onion
 Diced tomato
 Capers
 White anchovies or tinned tuna
 in oil, drained
 Sea salt and freshly ground
 Black pepper
 Flat-leaf parsley leaves
 Extra virgin olive oil

SERVES 4

Spread the bread with tomato
 paste. Sprinkle capers over the
 top, then add anchovies or tuna,
 chopped Spanish onion and
 diced tomato. Season with salt
 and pepper, scatter with parsley
 and drizzle generously with oil.
 Enjoy!



AJVAR (RED PEPPER SAUCE)- BOSNIA & HERZEGOVINA



1 kg red bell peppers (about 5 medium peppers)
1 medium eggplant (about 350 grams)
5 teaspoons freshly minced garlic (about 5 medium cloves)
1/4 cup sunflower or olive oil
1 tablespoon white vinegar
1 teaspoon Kosher salt, plus more to taste
Freshly ground black pepper, to taste

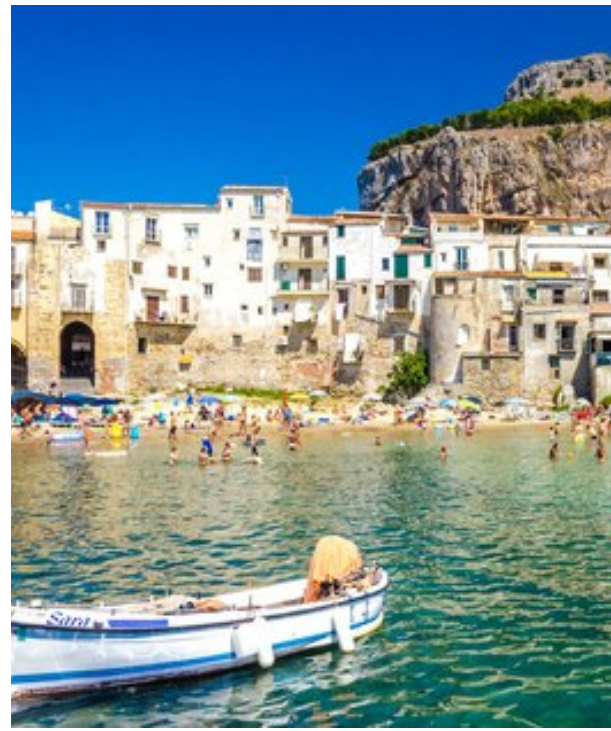
Cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Place peppers on hot side of grill and cook until blackened all over, 10-15 minutes. Transfer pepper to a large bowl, cover with plastic wrap, and let sit until cool enough to handle, about 20 minutes. Remove charred skin, seeds, and cores from peppers.

While the peppers are cooling, pierce skin of eggplant with a fork all over. Place eggplant on cool side of grill. Cover and cook until skin darkens and wrinkles and eggplant is uniformly soft when pressed with tongs, about 30 minutes, turning halfway through for even cooking. Remove eggplant from grill and let sit until cool enough to handle, about 10 minutes. Trim top off eggplant and split lengthwise. Using a spoon, scoop out flesh of eggplant; discard skin.

Place roasted red peppers, eggplant pulp, and garlic in a food processor fitted with a steel blade. Pulse until roughly chopped. Add in oil, vinegar, and salt and pulse until incorporated and peppers are finely chopped.

Transfer sauce to a medium saucepan. Bring to a simmer over medium-high heat, then reduce heat to medium-low and simmer for 30 minutes, stirring occasionally. Remove from heat and season with salt and pepper to taste. Let cool to room temperature then use immediately or transfer to an airtight container and store in refrigerator for up to two weeks.





ITALIAN CHICKEN TRAY BAKE



2 yellow capsicum, deseeded and cut into chunks
1 red onion, cut into wedges
2 tsp olive oil
4 skin-on chicken breasts
½ x 150g pack full-fat garlic & herb soft cheese
200g pack cherry tomatoes
handful black olives

Heat oven to 200C/180C fan/gas 6. Mix the peppers and onion on a big baking tray with half the oil. Transfer to the oven and cook on the top shelf for 10 mins.

Meanwhile, carefully make a pocket between the skin and the flesh of each chicken breast, but don't pull off the skin completely. Push equal amounts of cheese under the skin, smooth the skin back down, brush it with the rest of the oil, season, then add to the tray along with the tomatoes and olives. Return to the oven and cook for 25-30 mins more until the chicken is golden and cooked. Serve with baked potatoes, if you like.



ISRAELI GRAIN BOWLS



Extra virgin olive oil

Salt

1 zucchini squash, sliced into rounds

2 to 3 cups cooked farro

2 cups cooked brown lentils or use canned lentils, drained and rinsed

1 can chickpeas, drained and rinsed

2 cups cherry tomatoes, halved

2 shallots, sliced

2 avocados, skin removed, pitted and sliced

1 cup fresh chopped parsley

Handful pitted kalamata olives

Sprinkle crumbled feta cheese, optional

For the Dressing

1/3 cup Greek Extra Virgin Olive Oil

2 1/2 tablespoon fresh lemon juice

1 garlic clove, minced

2 1/2 teaspoons quality Dijon mustard

Salt and pepper

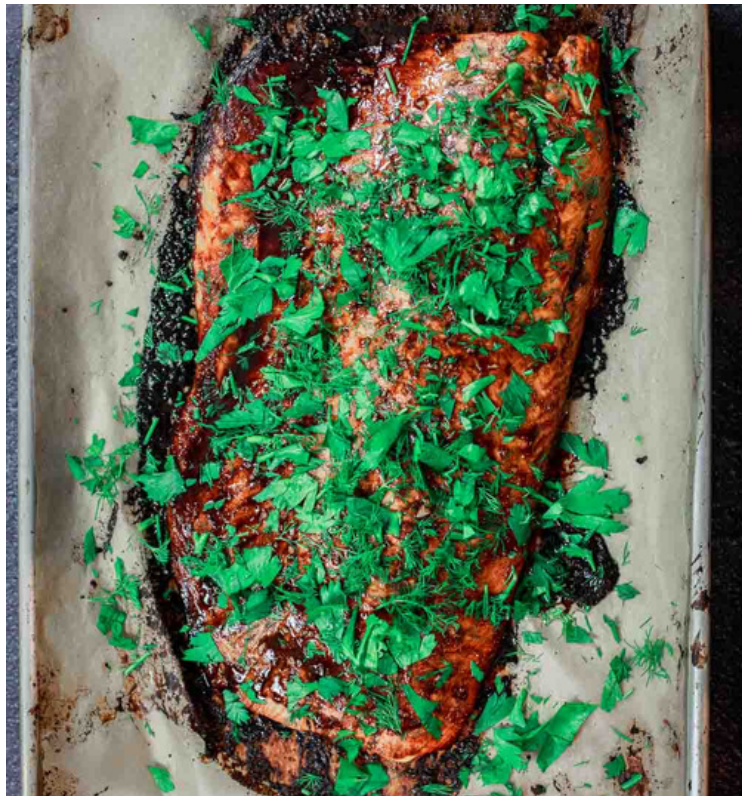
1 teaspoon Za'atar spice

1/2 teaspoon ground Sumac

Cook zucchini: Heat 2 tablespoons olive oil in a non-stick pan or skillet over medium-high heat until shimmering. Add the sliced zucchini and saute on both sides. Remove zucchini and place on a paper towel. Season lightly with salt. Prepare dressing: Add the dressing ingredients to a jar. Close the lid tightly, and shake. Set aside.

Assemble grain bowls: Divide the cooked farro, lentils, and chickpeas equally among four dinner bowl. Add cooked zucchini, tomatoes, shallots, avocado slices, parsley, and kalamata olives. Season lightly with salt, pepper. Drizzle a bit of the dressing on top (about 2 tablespoons per bowl). Finish with crumbled feta, if you like. Serve at room temperature or warm,





BAKED SALMON WITH GARLIC BALSAMIC GLAZE - SPAIN



1 cup balsamic vinegar
1/4 cup quality dark honey
4 garlic cloves, minced
1/2 teaspoon Cayenne pepper
1/2 teaspoon Aleppo pepper
3 tablespoon Dijon mustard
2 tablespoon extra virgin olive oil

For Salmon

3 lb Salmon fillet, no skin
Salt and black pepper
1/3 cup chopped fresh parsley leaves
1/3 cup chopped fresh dill

Preheat oven to 180 degrees.

In a small saucepan, mix balsamic vinegar and honey. Bring to a boil over medium heat, then reduce heat to simmer. Cook for 15 minutes. Remove from heat. To the balsamic mixture, add garlic, spices, mustard, and olive oil. Mix until well combined.

Line a large baking sheet with parchment paper. Season salmon well with salt, and black pepper on both sides. Brush one side with the balsamic glaze, then lay salmon, glazed sided down, on the prepared baking sheet. Dress the top generously with the balsamic glaze (reserve a small bit of the glaze for the end.)

Place salmon in oven (middle rack), and bake until salmon flakes nicely. Baking time will depend on the thickness of your salmon, as determined by the thickest part of the salmon fillet. For every 3 cm of thickness, roast 8 to 10 minutes. Could be a total of 15 to 18 minutes.

Remove from oven and brush with remaining glaze. Top with fresh chopped herbs. Enjoy!



SPANISH TUNA PASTA BAKE



250g dried large pasta shells
1 tablespoon olive oil
1 medium brown onion, halved, thinly sliced
1 large red capsicum, thinly sliced
2 garlic cloves, crushed
2 x 400g cans chopped tomatoes
1/2 cup pitted green olives, chopped
2 x 185g cans tuna in oil, drained, flaked
3/4 cup grated mozzarella cheese
1/3 cup finely grated parmesan cheese



Preheat oven to 220°C/200°C fan-forced. Lightly grease an 8 cup-capacity baking dish. Cook pasta in a saucepan of boiling salted water, following packet directions, until tender. Drain.

Meanwhile, heat oil in a large frying pan over medium heat. Add onion and capsicum. Cook, stirring, for 5 minutes or until onion has softened. Add garlic. Cook, stirring, for 1 minute or until fragrant.

Add tomato. Bring to the boil. Reduce heat to medium. Cook for 10 minutes or until sauce has thickened. Add pasta, olive and tuna. Toss to combine. Season with pepper. Spoon mixture into prepared dish. Top with mozzarella and parmesan. Bake for 12 to 15 minutes or until cheese is melted and golden. Serve.



TABOULEH - LEBANON



- 1 teaspoon lemon zest
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1/4 teaspoon ground black pepper
- 1 teaspoon salt
- 1/4 cup cracked bulgur
- 0.5 red onion (finely diced)
- 140 grams flat-leaf parsley
- 140 grams Lebanese cucumbers (~2 cucumbers, cubed)
- 225 grams tomatoes (~2 tomatoes, cubed)

Whisk the lemon zest, lemon juice, olive oil, black pepper and salt together in a small bowl, then add the bulgur wheat. Let this soak for 1 to 2 hours

Wash the parsley then use a salad spinner or paper towels to thoroughly dry it. Remove all the stems, then grab a handful and roll it up and slice the roll as thinly as possible.

Add the parsley to a large bowl along with the cucumbers, tomatoes and onions. Add the soaked bulgur along with the dressing and toss everything together. Tabbouleh tastes fresh the day it's made, but if you let it sit overnight, the flavours have a chance to meld and it tastes even better.



ROASTED ASPARAGUS WITH TOMATO, HALLOUMI CHEESE AND VINAIGRETTE - CYPRUS



500 gm asparagus, hard end trimmed

Salt

Extra virgin olive oil

400 gm Halloumi cheese, sliced into squares

1 punnet grape tomatoes, halved

15 large basil leaves, torn

1/4 cup white wine vinegar

1/4 cup extra virgin olive oil

1/2 teaspoon garlic powder

salt and pepper

Preheat the oven to 200 degrees

Place the asparagus spears on a large oiled baking sheet. Sprinkle with salt. Drizzle generously with olive oil. Roast in the 200 degrees for 20 minutes

Meanwhile, in a large nonstick skillet, heat 2 tablespoons olive oil on medium heat. Pat the halloumi cheese squares dry and fry them in batches for 1-2 minutes, turning over once with a spatula. When the cheese turns golden brown, remove from heat and set aside briefly.

To make the vinaigrette, whisk together the vinegar with the olive oil and spices.

In a mixing bowl, combine the grape tomatoes with the fried halloumi and toss them together with the vinaigrette.

Assemble the roasted asparagus on a serving platter and top with the tomato and halloumi mixture. Finally, add the basil leaves.

You can substitute the halloumi for squares of Greek feta cheese. Add feta as last step.



CARROT AND GINGER SOUP WITH FRENCH-STYLE LENTILS



6 large carrots, roughly chopped
1/2 teaspoon fennel seeds
1/4 cup (60ml) olive oil
1 onion, chopped
3 garlic cloves, thinly sliced
2 celery stalks, chopped
3 cm piece ginger, grated
3 thyme sprigs, leaves picked, plus extra sprigs to serve
1.5L (6 cups) vegetable stock
1 cup (200g) dried green Puy-style lentils
Crusty bread, to serve

Preheat the oven to 180°C and line a baking tray with baking paper.

Place carrot, fennel and 2 tablespoons oil in a bowl, then season and toss. Tip onto tray and roast for 30 minutes or until tender.

Heat the remaining 1 tablespoon oil in a large saucepan over medium heat. Add the onion and garlic, then cook, stirring, for 3-4 minutes until softened. Add the celery and cook for 3-4 minutes until softened. Add the ginger, thyme, stock and roasted carrot, then cook, stirring occasionally, for 25-30 minutes until liquid is slightly reduced.

Transfer to a blender and whiz until smooth. Return the soup to the pan and set aside.

Meanwhile, place the lentils and 2 1/2 cups (625 ml) cold water in a saucepan. Bring to the boil, then reduce heat to low and cook for 30 minutes or until liquid is absorbed and lentils are tender.

Stir the lentils through the soup and cook over medium heat for 2 minutes or until warmed through. Remove from heat.

Garnish the soup with extra thyme sprigs and serve with warm chunks of bread.



BUZARA (SEAFOOD POT)- MONTENEGRO



1.2 kg mussels
400 g clams
8 king prawns with head and tail
8 scampi with head
2 onions
4 garlic cloves
200 g cherry tomatoes
4 tomatoes
2 green onions
2 tablespoon strained tomatoes
1 splash white wine
Salt, pepper
Parsley
Olive oil



Sauté onions in oil. Add mussels, clams, king prawns, and scampi, and simmer in the pan. Dice cherry tomatoes and tomatoes, and add to pan together with strained tomatoes, garlic, parsley, salt, and pepper. Deglaze with white wine. Finally, add green onions and continue to cook until the mussels open. Serve with bread.



BAKED SOLE FILLET, THE GREEK WAY



1 lime or lemon, juice of
1/2 cup extra virgin olive oil
3 tablespoon ghee or unsalted melted butter (if you like it buttery, then add up to 1/2 cup)
2 shallots, thinly sliced
3 garlic cloves, thinly-sliced
2 tablespoon capers
1 teaspoon seasoned salt, or to your taste
3/4 teaspoon ground black pepper
1 teaspoon ground cumin
1 teaspoon garlic powder
700 grams sole fillet (about 10-12 thin fillets)
4-6 green onions, top trimmed, halved length-wise
1 lime or lemon, sliced (optional)
3/4 cup roughly chopped fresh dill for garnish

In a small bowl, whisk together lime juice, olive oil and melted butter with a dash of seasoned salt. Stir in the shallots, garlic and capers.

In a separate small bowl, mix together the seasoned salt, pepper, cumin and garlic powder. Spice fish fillets each on both sides.

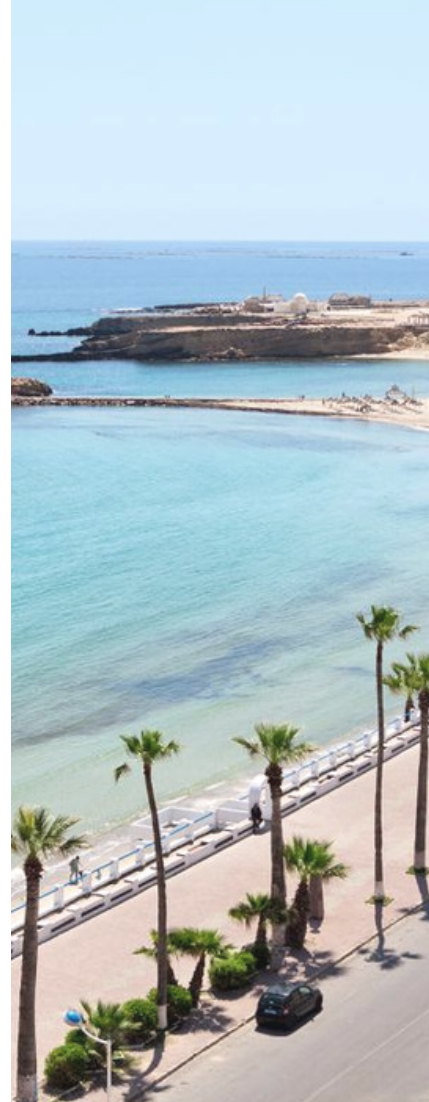
Place the fish fillets on a lightly-oiled large baking pan or dish. Cover with the buttery lime mixture you prepared earlier. Now arrange the green onion halves and lime slices on top.

Bake in 180 degree oven for 10-15 minutes. Do not overcook.

Remove the fish fillets from the oven and garnish with the chopped fresh parsley / dill.

Serve with brown rice or roasted potatoes and a simple salad.





TUNISIAN STYLE CHICKPEA AND POTATO SALAD



4 medium potatoes
1 can chickpeas
1 cucumber
8 cherry tomatoes (quartered)
8 black olives
1/4 cup capers
4 pepperoncini peppers (stemmed and sliced)
6 tablespoons harissa (or to taste)
2 tablespoons of mayonaise
1/2 tablespoon apple cider vinegar
2 cloves garlic (finely minced)
salt (to taste)

Boil the potatoes until tender. When cool enough to handle, peel and cut into 1 cm cubes. Place in a large storage container and add all remaining ingredients. Stir well and refrigerate for at least an hour to allow flavours to blend.
Add salt to taste and serve in pitas or other bread or with salad greens.



TSIGARELI (SAUTÉED GREENS WITH ONIONS AND TOMATOES) - GREECE



1 – 1 ¼ kg fresh, preferably mixed tender greens, such as spinach, kale and dandelion, trimmed and washed well
¼ cup extra virgin olive oil
2 large onions halved and sliced
2 leeks washed well and finely chopped
1 ¼ cups snipped fresh wild fennel leaves or mint leaves
2 garlic cloves, minced
2 teaspoons sweet paprika powder
1 cup plum tomatoes, peeled and finely chopped
1 ¼ cups snipped fresh dill
Salt and freshly ground pepper to taste
1 teaspoon cayenne pepper
1 – 2 tablespoons tomato paste

Blanch the greens until wilted, and then drain completely.

Heat the olive oil in a large skillet and cook the onions and leek, stirring, over medium heat until soft, 5 to 7 minutes. Add the garlic, tomato paste, cayenne and paprika and stir for about 3 minutes. Add the wilted greens, dill, wild fennel leaves or mint leaves, and tomatoes. Simmer over low heat, uncovered, for about 20 minutes, until the greens are soft and all the pan liquids have cooked off. The dish should be fairly dry. Adjust the seasoning with salt and cayenne, and serve either hot or warm with fresh country bread. Pour a little fresh olive oil over the greens once they are cooked, if desired.

SOSLU PATLICAN (AUBERGINE IN TOMATO SAUCE) - TURKEY



4-5 eggplants (approx. 1 kg), partly peeled and cut into 2-3 cm cubes
150+50 ml olive oil
1 small onion, finely chopped
1 Romano pepper, core, white bits and seeds removed, cut into 1 cm cubes
2 garlic cloves, peeled and finely sliced
2 ripe tomatoes (approx. 200 g), peeled and roughly chopped (or equivalent tinned tomatoes)
1 teaspoon sugar
extra virgin olive oil, to garnish
flat-leaf parsley, to garnish
pul biber (Turkish pepper flakes), to garnish
salt and pepper

Preheat oven to 220 C.

Mix the eggplant cubes with 150 ml olive oil and some seasoning. Roast until all the pieces are completely soft, 25-30 minutes or longer. Meanwhile, soften but do not brown the onion and pepper in the remaining olive oil in a large, thick bottomed pot over medium heat, stirring regularly. This takes 12-15 minutes. Add the garlic and continue to fry for another minute. Add the tomatoes and sugar and continue to cook for about 10 minutes, stirring occasionally. Season.

Gently add the eggplant to the sauce and continue to cook for 5 minutes to allow the flavours to mingle, longer if your eggplant wasn't completely soft when it came out of the oven - undercooked eggplant is the only thing that can ruin this dish. Be careful when stirring so the eggplant doesn't break and turn into a mash. When done, take off the heat and leave in its pot with the lid on until it has reached room temperature.

Serve at room temperature just as it is or with a drizzle of extra virgin olive oil and a small scattering of parsley and pul biber, if you like.





CAULIFLOWER, PANCETTA & OLIVE SPAGHETTI - ITALY



500 gm whole-wheat spaghetti
1 tablespoon extra-virgin olive oil
4 cups finely chopped cauliflower
¼ cup diced pancetta
2 cloves garlic, finely chopped
½ cup dry white wine
¼ cup finely chopped roasted yellow peppers
8 pitted Kalamata olives, sliced
1 tablespoon butter
¼ cup chopped flat-leaf parsley
¼ teaspoon salt
¼ teaspoon ground pepper

Cook pasta for 1 minute less than the package directions. Reserve 1 cup pasta water, then drain. Meanwhile, heat oil in a large skillet over medium heat. Cook cauliflower and pancetta, stirring occasionally, until the cauliflower is starting to brown, about 10 minutes. Add garlic and cook, stirring, for 30 seconds. Stir in wine, increase heat to high and cook, stirring occasionally, until almost evaporated, about 2 minutes. Stir in peppers, olives and butter. Add the pasta along with the reserved cooking water; simmer until the water is almost evaporated, 1 to 2 minutes more. Stir in parsley, salt and pepper.



EASY SEAFOOD PAELLA - SPAIN



4 small lobster tails (170-340 grams each)

3 tablespoons extra virgin olive oil

1 large yellow onion, chopped

2 cups Spanish rice or short grain rice, soaked in water for 15 minutes and then drained

4 garlic cloves, chopped

2 large pinches of Spanish saffron threads soaked in 1/2 cup water

1 tsp sweet Spanish paprika

1 tsp cayenne pepper

Salt

2 large Roma tomatoes, finely chopped

250 gm French green beans

500 gm prawns

1/4 cup chopped fresh parsley

In a large pot, bring 3 cups of water to a rolling boil. Add the lobster tails and let boil very briefly (1-2 minutes).

Turn the heat off. Remove the lobster tails with a pair of tongs. Do not discard the lobster cooking water. When the lobster is cool enough to handle, remove the shell and cut into large chunks.

In a large deep pan or skillet, heat 3 tablespoons olive oil. Turn the heat to medium-high and add the chopped onions. Sauté the onions for 2 minutes then add the rice, and cook for 3 more minutes. Add the chopped garlic and the lobster cooking water. Stir in the saffron and its soaking liquid, paprika, cayenne pepper, and salt. Stir in the chopped tomatoes and green beans. Bring to a boil and let the liquid slightly reduce, then cover (with lid or tightly with foil) and cook on low heat for 20 minutes. Uncover and spread the prawn over the rice, pushing it into the rice slightly. Add a little water if needed. Cover and cook for another 10-15 minutes until the shrimp turns pink. Finally, add the cooked lobster chunks. When the lobster is warmed through, turn heat off. Garnish with parsley.



5-INGREDIENT SPANISH CHICKEN



1.8 kg whole chicken
125 g chorizo, coarsely
chopped
12 5ml (1/2 cup) dry sherry
2 x 400 g cans cannellini
beans, rinsed, drained
500 ml (2 cups) salt-reduced
chicken style liquid stock
Wilted English spinach, to
serve (optional)

Preheat the oven to 220C/200C fan forced. Place a roasting pan in the oven for 5 minutes to preheat.

Meanwhile, use a sharp knife or kitchen scissors to remove the backbone from chicken and discard. Turn over chicken and use the heel of your hand to flatten.

Place the chicken in the roasting pan. Scatter around the chorizo. Roast for 20 minutes or until the chicken starts to brown. Add the sherry and roast for 5 minutes or until the liquid is reduced. Add the beans and stock and roast for 35 minutes or until the chicken is cooked through and the liquid is nearly absorbed.

Cut the chicken into pieces. Use a potato masher to slightly mash the beans. Season. Divide the chicken, chorizo and beans among serving plates. Serve with wilted spinach, if using.



GRILLED SALMON RECIPE WITH MANGO SALSA - SPAIN



4 salmon fillet pieces weighing about 170 grams each, skin on

Kosher salt

1/3 cup extra virgin olive oil

Juice of 1 lemon

10 to 15 fresh mint leaves, chopped

5 garlic cloves, minced

1 teaspoon ground coriander

1/2 teaspoon ground cumin

1/4 teaspoon ground turmeric

1/2 teaspoon black pepper

Kosher salt, a pinch

2 mangoes, cubed

1/2 seedless English cucumber, chopped

20 fresh mint leaves, chopped

1/4 cup finely chopped red onion

Juice of 1/2 lemon

Season salmon with kosher salt on both sides and place, skinless side up, in a casserole dish

In a bowl, add extra virgin olive oil, lemon juice, mint, garlic, spices, and salt. Whisk to combine.

Pour marinade over the salmon and let sit in room temperature for 20 minutes

Make the mango salsa. In a bowl, add mangoes, cucumber, fresh mint, red onions, and lemon juice. Toss to combine. Set aside

Heat a gas grill/BBQ/griddle on high

Arrange salmon fillets on hot grill, skinless side down first

Look for grill marks on the fish, and where the fish is closest to the grill, you should see a small layer of opaque (cooked) flesh.

Remove from the grill and serve with the mango salsa and Lebanese rice

MEDITERRANEAN TUNA, PEPPER & ZUCCHINI TART - FRANCE



320 g pack ready-rolled puff pastry
1 tablespoon olive oil
2 zucchini, coarsely grated
150 g pack garlic & herb soft cheese
185 g can tuna in spring water, drained and broken into flakes
140 g ready-roasted capsicum
1 tablespoon capers in brine, drained
8 pitted black olives

Heat oven to 220C/200C fan/gas 7. Unroll the puff pastry onto a large baking sheet lined with baking parchment. Score a 1 cm border around the edges with a sharp knife, taking care not to cut through the pastry. Prick the area inside the border with a fork. Bake for 15 mins.

Meanwhile, heat the oil in frying pan and fry the zucchini until tender and the mixture is quite dry. Allow to cool a little before mixing with the soft cheese. Remove the pastry base from the oven and press down any puffed up areas, within the border, with the back of a spoon. Spread over the zucchini mixture. Scatter with tuna, lay over the pepper strips and sprinkle on capers. Finally, dot with olives and bake for a further 15 mins until the pastry is golden, puffed up and cooked through.



Nutrition plays an important role in overall wellbeing as well as optimising macular health. For people with age-related macular degeneration (AMD), an eye-healthy diet can help reduce risk and slow progression of the disease. For people with diabetes, nutrition is critical to managing blood glucose levels in order to prevent the onset of diabetic eye disease.

Age-related macular degeneration (AMD)

The following simple practices as a normal part of your diet are beneficial for macular health.

- * 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. Further information is available in the MDFA'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 MDFA'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.

Please note: Any changes in diet or lifestyle should be undertaken in consultation with your doctor.

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



Disclaimer: Information in this publication does not constitute individual medical advice. Always discuss any changes in your diet or supplementation needs with your doctor. Macular Disease Foundation Australia cannot be liable for any error or omission in this publication or for damages arising from its supply, performance or use, and makes no warranty of any kind, either expressed or implied in relation to this publication. November 2018