

Macula Menu

Meals for 1 or 2



Eating for Eye Health
Your free macula menu e-cookbook

Eat for your eye health

In celebration of good nutrition and Macula Month (1 – 31 May), this Macula Menu e-cookbook — Meals for 1 or 2 — features delicious and nutritious recipes to help Australians eat for their eyes.

You're sure to enjoy eating your way through these recipes, provided by Australian Healthy Food Guide magazine (healthyfoodguide.com.au).

Macular disease is the leading cause of blindness and severe vision loss in Australia. The most common macular disease is age-related macular degeneration (AMD).

AMD affects those over the age of 50 and the incidence increases with age. Other risk factors include smoking and family history – if you have a parent or sibling with AMD, you have a 50 per cent risk of developing AMD.

Maintaining a healthy lifestyle and eating a healthy, well-balanced diet can help support the health of your macula. Macular Disease Foundation Australia (MDFA) recommends eating:

- fish two to three times a week;
- plenty of dark green leafy vegetables;
- fresh fruit daily; and
- a handful of nuts a week.

Please note, any changes in diet or lifestyle should be undertaken in consultation with your doctor.

To learn more about macular disease, contact MDFA.

National Helpline: 1800 111 709

Website: www.mdfoundation.com.au



Mango, coconut, chia and overnight oats

Serves 1

1/3 cup rolled oats

1/3 cup reduced-fat milk

1/3 cup reduced-fat Greek-style yoghurt

1 tablespoon chia seeds

2 teaspoons sultanas

2 tablespoons coconut flakes

1/2 cup chopped frozen mango, thawed

Place oats, milk, yoghurt, chia, sultanas and half the coconut in a small jar or container; seal and refrigerate to soak overnight.

Top porridge with mango and remaining coconut, and serve.

Berry breakfast in a mug

Serves 1

3 tablespoons wholemeal flour

1 tablespoon chopped walnuts

1 tablespoon flax seeds

1/2 teaspoon baking powder

1 large egg

1 ripe banana, mashed

1 teaspoon honey

1/2 cup mixed berries (thawed, if frozen)

2 tablespoons reduced-fat plain yoghurt

Combine flour, nuts, seeds and baking powder in a medium bowl. Add egg and beat flour mixture with a fork. Stir in banana and honey.

Pour into a microwave-safe large mug. Add mixed berries on top of mixture. Microwave for 30 seconds on high. If the centre of the muffin looks wet, microwave another 30 seconds.

Set aside the breakfast muffin for 5 minutes to allow it to cool. Serve with plain yoghurt.





Spicy avocado, smoked trout and baby spinach topper

Serves 1

1/2 small ripe avocado
1 tablespoon chopped chives
2 teaspoons lemon juice
few drops hot chilli sauce
(optional)
2 slices wholegrain toast
50g smoked ocean trout
1/2 cup baby spinach leaves

Mash avocado with chives, lemon juice and hot chilli sauce (if using, to taste).

Spread avocado mixture onto wholegrain toast. Top with trout and baby spinach and serve.

Broccoli and pea soup

Servings 4

Tip: turn your batch of soup into ready-to-go meals by freezing it in individual servings.

- 1 tablespoon olive oil**
- 1 large onion, finely chopped**
- 2 garlic cloves, crushed**
- 1 teaspoon lemon zest**
- 2 large potatoes, peeled, chopped**
- 350g broccoli, trimmed, chopped**
- 2 cups frozen peas**
- 2 cups reduced-salt vegetable stock**
- 1/4 cup reduced-fat sour cream**
- 2 tablespoons chopped mint leaves, plus extra leaves, to serve**
- 2 tablespoons pistachio kernels, chopped**
- 4 slices toasted grainy sourdough, to serve**

Heat the oil in a large saucepan over medium-high heat. Sauté the onion for 5 minutes, or until soft. Add the garlic and zest, and cook, stirring for 1 minute more.

Add the potatoes, stock and 2 cups of water, and bring to the boil. Reduce heat and simmer, covered, for 5 minutes. Add the broccoli and peas. Then simmer, partially covered, for 10 minutes, or until vegetables are tender. Set aside to cool slightly.

Blend soup in batches until smooth. Return soup to a clean saucepan and reheat until hot. Season with black pepper. Combine sour cream and mint. Serve soup with a dollop of the mint sour cream, and sprinkle with the pistachio nuts and extra mint leaves.





Red lentil, pumpkin and tomato soup

Servings 4

Tip: turn your batch of soup into ready-to-go meals by freezing it in individual servings.

- 2 teaspoons olive oil**
- 1 brown onion, chopped**
- 2 cloves garlic, crushed**
- 1 large carrot, grated**
- 450g pumpkin, peeled, chopped**
- 1 cup dried red lentils, rinsed, drained**
- 3 cups reduced-salt vegetable stock**
- 400g can no-added-salt diced tomatoes**
- 4 slices grainy sourdough bread**
- 1 small avocado, sliced**
- 1 tablespoon finely chopped fresh flat-leaf parsley**
- 1/3 cup low-fat natural yoghurt, to serve**



Heat oil in a large saucepan over medium heat. Add onion and cook for 5 minutes, or until soft. Add garlic, carrot, pumpkin, lentils, stock, 2 cups water and tomatoes.

Bring to the boil, reduce heat and simmer, covered, for 30 minutes or until pumpkin is very tender.

Remove from heat and puree using a stick blender.

Meanwhile, toast bread and top with sliced avocado. Sprinkle soup with parsley, dollop with yoghurt and serve with avocado toast.





Mustard-glazed salmon with sweet potato mash

Serves 1

1 small sweet potato, peeled, quartered

100g skinless salmon fillet

1/2 teaspoon Dijon mustard

8 juniper berries, chopped or crushed (see tip)

1 lemon slice, plus lemon juice

1 large pinch paprika

1 cup small broccoli florets

1 cup bok choy

chilli flakes (optional)

Preheat the oven to 180°C. Boil, steam or microwave sweet potato for 8–10 minutes, or until tender. Drain and keep warm.

Spread salmon with mustard and sprinkle with berries.

Place lemon slice on top of salmon. Wrap in a piece of baking paper. Place on a tray in the centre of the oven and cook for 7–8 minutes, or until salmon is cooked to your liking.

Meanwhile, place steamed sweet potato, the paprika and a squeeze of lemon juice in a small bowl; mash until smooth. Season with black pepper.

Steam broccoli and bok choy for 3–4 minutes, or until just tender. Season with cracked black pepper and chilli flakes, if using.

Serve salmon fillet with mash and steamed greens on the side.

Tuna noodle pot

Serves 1

50g vermicelli rice noodles

olive oil spray

2 shallots, sliced

3 to 4 medium button mushrooms, sliced

2 teaspoons lemongrass paste

2 teaspoons cornflour

1/2 cup reduced-salt chicken or vegetable stock

1/3 cup frozen peas and sweet corn mix

95g can tuna in spring water, drained, chunked

1 1/2 cups shredded Asian greens

Place noodles in a bowl and cover with boiling water. Leave to soften for 3–4 minutes, then drain and set aside.

Spray a small frying pan with olive oil; set over medium heat. Add sliced shallot and mushroom to pan with lemongrass paste; cook for 2–3 minutes, or until soft. Mix a little of the cornflour into stock to make a paste, then add to pan with remaining stock. Add peas and sweet corn to pan with tuna. Cook for 4–5 minutes, or until tuna is heated through.

Add reserved noodles and Asian greens to pan. Toss for 1–2 minutes, or until greens are tender. Serve immediately.





Warm baked ricotta and roast pumpkin salad

Serves 1

1 x 100g wedge reduced-fat fresh ricotta
250g butternut pumpkin, peeled, cut in thin wedges
1 small red capsicum, thickly sliced
2 teaspoons olive oil
pinch chilli flakes
pinch dried oregano
1 cup baby spinach
1/2 x 400g can no-added-salt lentils, rinsed, drained
1 tablespoon 99% fat-free French-style dressing
1 tablespoon walnuts, toasted, crumbled

Preheat oven to 200°C. Line a large baking tray with baking paper. Place ricotta on one end of prepared tray; place pumpkin and capsicum on opposite end. Drizzle ricotta and vegetables with olive oil. Sprinkle ricotta with chilli flakes and oregano. Bake for 25 minutes, or until ricotta is golden and vegetables are tender.

Place roast vegetables in a salad bowl with spinach, lentils and dressing; toss lightly. Scatter salad with nuts and crumbled ricotta to serve.

Fish tacos

Serves 2

150g frozen white fish fillets, thawed
1/2 teaspoon reduced-salt taco seasoning
1/4 teaspoon smoked paprika
2 teaspoons plain flour
1 cup store-bought coleslaw mix
125g can corn kernels, drained
1/2 small red apple, cored, skin on, finely sliced
handful of fresh mint or coriander leaves
1 medium wholegrain tortilla (or 2 small)
1/4 small avocado, sliced
1 tablespoon reduced-fat plain yoghurt, to serve
lime wedge, to serve

Pat fish dry with paper towel. Combine seasoning, paprika and flour in a medium zip-lock bag. Season with cracked black pepper. Add fish, seal bag and gently shake to coat.

Spray a medium non-stick frying pan with oil. Cook the fish for 1–2 minutes, each side, or until golden and the flesh flakes off easily with a fork.

Meanwhile, combine coleslaw, corn, apple and fresh herbs in a bowl. Toss to mix well. Place the tortilla(s) onto a serving plate. Top with salad, cooked fish, avocado and a dollop of yoghurt. Squeeze over the lime and roll up to eat.





Poached salmon and snow peas in ginger broth

Serves 1

1 teaspoon sesame oil
2 green onions, sliced
2 teaspoons grated fresh ginger
2 teaspoons fish sauce
2 teaspoons brown sugar
150g skinless salmon fillet
75g snow peas, trimmed, halved
75g frozen green peas
2 lime wedges, to serve
1/2 cup steamed basmati rice, to serve
few sprigs of coriander, to serve

Place a saucepan over medium heat. Add oil, onion and ginger and cook, stirring, for 2 minutes.

Add 1 cup water, fish sauce and sugar. Bring to the boil. Reduce heat to low and add salmon. Cook, uncovered, for 6 minutes, turning the fillet over once.

Remove salmon and keep warm in a serving bowl. Rapidly boil the remaining liquid over high heat for 4–5 minutes, or until reduced by half. Add snow peas and green peas and cook for 1–2 minutes, until bright green.

Spoon snow peas and green peas into bowl, top with salmon, then pour broth over. Serve with lime wedges and basmati rice. Garnish with coriander.

Green Spanish omelette

Serves 1

- 1 small potato, peeled, diced
- 1 teaspoon olive oil
- 2 shallots, finely chopped
- 1 small red or yellow capsicum, diced
- 1/2 teaspoon dried oregano
- 2 eggs
- 1/3 cup frozen peas
- 1/2 cup baby spinach
- 1 tablespoon grated parmesan

Cook diced potato in microwave for 3 minutes on high.

Heat the oil in a non-stick frying pan, and sauté potato, shallots, capsicum and oregano for 3–4 minutes, stirring occasionally. Arrange vegetables evenly over base of pan.

Beat eggs in a small bowl; season with black pepper. Pour whisked eggs over vegetables, tilting pan from side to side so that the egg coats the edges.

Add peas, cover pan with lid and cook for 5 minutes over a low heat, or until omelette is set.

Turn the omelette onto a plate. Top with baby spinach leaves and grated parmesan; serve.





Sardine and tomato tagliatelle

Serves 2

cooking oil spray

**1/2 small brown onion,
chopped**

80g button mushrooms, sliced

1 clove garlic, crushed

**2 large tomatoes, roughly
diced**

**106g can no-added-salt
sardines in spring water,
drained**

75g uncooked tagliatelle

**1 tablespoon chopped flat-leaf
parsley leaves**

Spray a medium frying pan with oil and place over medium-high heat. Add onion, mushrooms and garlic. Cook, stirring for 5 minutes or until soft. Add tomatoes, reduce heat to medium-low and cook, uncovered, for 10 minutes. Flake sardines and stir through sauce.

Meanwhile, cook pasta according to packet instructions. Drain and return to saucepan. Add sauce to pasta and toss to combine. Garnish with parsley.



These recipes are courtesy of Australian Healthy Food Guide magazine.

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