



Macular  
Disease  
Foundation  
AUSTRALIA

# Macula Menu

Asian-style dishes for eye health



More than one 1.5 million Australians are affected by age-related macular degeneration (AMD) and it is the country's leading cause of vision loss. That's one in seven Australians over the age of 50 and as our population ages, the numbers are increasing.

While there is no cure for AMD, there are treatments available for neovascular age-related macular degeneration, or wet AMD. For those living with geographic atrophy or dry AMD, or for people who have a family connection, maintaining a macula-friendly diet can help prevent and slow progression of the disease.

My father had AMD and lost his central vision. Given that I have a 50% familial risk of developing macular degeneration, I have been incredibly conscious of my food choices for a long time, so much so that in 2009 I co-authored with Vanessa Jones *Eating for Eye Health: The Macular Degeneration Cookbook* to highlight how foods can promote good eye health and reduce the risk of age-related macular degeneration. You'll find one of these recipes for you in this edition of Macula Menu.

The recipes in this booklet reflect the latest nutrition research undertaken by Macular Disease Foundation Australia, which promotes simple and practical advice for an overall healthy eating pattern that can lower your risk of other chronic diseases. The latest research also reaffirms the importance of consuming fish containing omega-3 fatty acids, and the Foundation recommends people should aim to eat fish at least twice a week.

Joining me in this Asian-style edition of our Macula Menu series are celebrity chefs, Luke Mangan and Matt Moran, as well as 87-year-old Fusae, a community member who lives with early-stage AMD, and Dr Diana Tang, a dietician and postdoctoral research fellow at Macquarie University.

We hope you enjoy these eye-healthy recipes.



**Ita Buttrose, AC OBE**  
**Patron**  
**Macular Disease Foundation Australia**



Recipe by Ita Buttrose AC OBE

# Seared tuna with green mango salad

Serves 2

## Ingredients

- 2 x 200g (6½ oz) yellow fin tuna steaks
- 2 tablespoons white sesame seeds
- 2 tablespoons black sesame seeds
- Sea salt
- 1 tablespoon light olive oil

## Green mango salad

- 50g (2oz) snow peas (mange tout/sugar peas), strung and finely sliced
- 1 green mango, peeled and finely sliced
- 1 cup bean sprouts
- ½ bunch mint leaves, washed and picked
- 2 tablespoons unsalted peanuts, crushed

## Salad dressing

- 2 tablespoons sesame oil
- 1 tablespoon fish sauce
- 2 tablespoons lime juice
- 1 bird's-eye chilli, seeds removed and finely chopped

## Instructions

1. Toss all the salad ingredients together. Combine the salad dressing ingredients in a small jug.
2. Place the sesame seeds and a pinch of salt on a plate.
3. Roll the tuna steaks in the mixture until well coated. You will find the seeds will stick easily to the moist fish.
4. Heat the oil in a frying pan and cook the tuna over a high heat for 2 minutes each side, or to your liking.
5. Divide the salad on two plates, top with the tuna, drizzle with the dressing and serve.

**Omega-3 fatty acids** are important to eye health. All fish and shellfish contain Omega-3s. Oily varieties of fish contain higher concentrations of Omega-3.





Recipe by Matt Moran AM



# Pan roasted barramundi with asian greens

Serves 3-4

## Ingredients

- 1 x 1.2kg whole barramundi
- 1 x bunch baby bok choy
- 100g soy beans
- ½ bunch green shallot
- 1 lemon
- 50 ml olive oil
- 50ml sesame oil

## Bonito master stock

- 500ml water
- 65ml rice wine vinegar
- 40g palm sugar
- 1 x small nob ginger, roughly chopped
- 1 x star anise
- ½ cinnamon quill
- 65ml soy sauce
- 15ml sherry vinegar
- ½ orange zest
- 25g bonito flakes

## Instructions

1. To make the bonito master stock place all ingredients into a saucepan and bring to a boil. Reduce to a simmer and cook for 10 mins, take off the heat and set aside for 15 mins to infuse, before straining.
2. To prepare the barramundi, using scissors, trim off all fins and trim back the tail. With a sharp knife make 3 scores on each side of the fillets. Place in a large fry pan on a high heat with oil and season both sides of the fish with salt and pepper. Once the pan is hot place the barramundi in and cook on high heat for 1-2 mins, or until golden brown. Turn to the other side and cook for a further minute. Place in the oven and cook for 12-15 mins or until cooked through. Take out and finish with a squeeze of lemon.
3. Cut the bok choy into quarters and pod the soybeans, place the bok choy and soy beans in a saucepan of boiling salted water and cook for 2 mins. Strain off and toss through the olive oil.
4. Place the bok choy on a serving plate with the barramundi on top. Finely slice the shallots and scatter over the top of the fish. Heat the master stock and pour over the barramundi.
5. Heat the sesame oil in a pan on high heat until it starts to smoke. Then carefully spoon over the top of the fish just before serving.



Recipe by Fusae

# Baked atlantic salmon with capers, nuts and lemon

Serves 4

## Ingredients

- 4 x Atlantic salmon fillets
- ½ cup of baby capers
- ½ cup of walnuts
- ½ cup Brazil nuts
- 1 lemon
- olive oil
- salt and pepper
- aluminium foil
- baking spray (optional)

## Instructions

1. Remove the salmon from the refrigerator and let stand at room temperature for 10 minutes. Pre-heat oven to 180°C (160°C fan forced).
2. Line a large baking dish or rimmed baking sheet with 4 x large pieces of aluminium foil (1 for each piece of salmon).
3. Lightly coat the foil with baking spray or a little bit of olive oil. Place the salmon fillets on top of the aluminium foil. Sprinkle with a handful of baby capers, walnuts and Brazil nuts (roughly chopped). Add salt and pepper. Juice one lemon and pour over the top.
4. Place into the oven and cook for 20min/kg or 8-10 mins for single portions.
5. Serve with eye-healthy vegetables: spinach, kale, broccoli, capsicum.

**Enjoy** this delicious eye-healthy recipe from Fusae, a community member who lives with early-stage AMD



Recipe by Dr Diana Tang



# Vegetarian rice paper rolls with chilli-lime dipping sauce

Serves 4

## Ingredients

### Rice paper rolls

- 1 cup shredded carrots
- ½ cup sliced red capsicum
- ½ cup sliced yellow capsicum
- 2 lebanese cucumbers
- 450g firm tofu
- 3-4 cups fresh dark green leafy salad mix
- 1 cup shredded cabbage
- 1 sliced avocado
- 100g dried vermicelli rice noodles (prepare according to instructions on the packaging)
- 1 cup fresh herbs (mint, basil, coriander)
- Rice paper wrappers

### Chilli-lime dipping sauce

- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 tablespoons fish sauce
- 2 tablespoons water
- 1-2 red chillies, finely chopped and to taste

## Instructions

1. Prepare dipping sauce by mixing ingredients together in a small bowl and set aside.
2. Cut tofu into strips. Add a teaspoon of oil to a pan on medium heat. Fry tofu strips for about 4-5 minutes or until golden brown on both sides. Set aside.
3. Add water to a shallow dish and dip one rice paper wrapper at a time for about 2 seconds and place on a flat surface.
4. Place a small handful of leafy salad and shredded cabbage in a line in the middle of the rice paper, leaving about 5cm at the bottom.
5. Stack the capsicums, carrots, tofu, avocado, noodles and fresh herbs on top of the leafy greens and cabbage.
6. Fold up the bottom of the rice paper roll then take the left side of the rice paper and fold it over to the right side. Roll the rice paper to make a roll and set aside on a plate.
7. Serve rice paper rolls with chilli-lime dipping sauce.

“Drawing on my Vietnamese background, vegetarian rice paper rolls recipe (aka summer rolls) are my eye-friendly entertaining go-to recipe”





Recipe by Luke Mangan

# Pan seared salmon with asian salad and tamarind dressing

Serves 6

## Ingredients

- 6×160g salmon fillet, skin on  
(if unavailable substitute with a firm white fleshed fish such as snapper)

## Asian salad

- ½ cup green papaya, peeled and flesh very finely shredded or cut on a mandolin
- 1 green mango, peeled and flesh very finely shredded or cut on a mandolin
- 1 mango, flesh finely sliced
- ½ cup snow pea shoots, base cut off
- 8 snow peas, finely shredded on an angle
- ½ cup picked Vietnamese mint leaves
- ½ cup picked Thai basil leaves
- ½ cup picked coriander leaves
- 1 mild red chilli, very finely sliced on a slight angle
- ¼ cup peanuts, lightly toasted, oiled and salted and broken up

Combine the above.

## Tamarind dressing

- 90ml tamarind puree
- 2 tablespoons palm sugar, finely chopped or crushed
- 2 tablespoons water
- 2 tablespoons extra Virgin olive oil
- 2 teaspoons fish sauce

Gently warm the palm sugar with the water in a pan until it has fully combined. Whisk the sugar syrup through the tamarind puree. Now slowly add the olive oil into the tamarind puree, whisking through and mix through the fish sauce.

## Instructions

Pre warm an oven to 220°C.

Place the seasoned salmon fillet, skin side down, into a non stick pan over a medium heat that had been pre warmed with some olive oil. Fry for approximately 4 minutes until you begin to see the fish's skin lightly browning around the side. Place the pan in the oven for approximately 6-8 minutes depending on the thickness of the fish. Now remove the pan from the oven and gently turn the fish over, to finish cooking.

Place the fish fillet in the centre of a plate, place a large handful of the salad on the fish and spoon the tamarind dressing around and over the salad and fish.



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