



## **A MENU FOR HEALTHY SIGHT**

**STRAWBERRY-KIWI SMOOTHIE**

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**AVOCADO CREAM & PICKLED RED PEPPERS**

**With lime & almond-oil dressing**

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**WILD SALMON IN A NUT CRUST**

**With mango chutney & cilantro sauce**

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**LIGHT CITRUS SOUFFLES**

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**HAZELNUT MINI MUFFINS**

A recent survey commissioned by Transitions Optical revealed that 43% of people are unaware that poor nutrition can be harmful to the eyes.\* Many of us are failing to preserve our healthy sight simply by not eating enough of the right foods. Overlooking foods rich in vital vitamins and antioxidants can lead to an increased risk of developing macular degeneration, cataracts and a reduction in good vision.

Vitamins play a vital role in protecting the retina. And the combination of A, C and E packs a real punch. The crystalline lens is full of vitamin C, which helps prevent the clouding effect that causes cataracts. Vitamins A and E also safeguard the eyes against cataracts as well as helping to prevent Age-related Macular Degeneration (AMD). Vitamin E helps to prevent myopia (short sightedness).

You can find vitamin A in cheese, eggs, oily fish and milk. Vitamin C is present in a wide variety of fruit and vegetables, e.g. peppers, broccoli, oranges and kiwi fruit. Good sources of vitamin E include various plant oils such as soya, corn and olive oil as well as nuts and seeds and wheatgerm (found in cereals and cereal products).

French chef Maxime Ogus created the following recipes especially for Transitions Optical and tailored each one to include nutrients recommended to help maintain healthy sight. Maxime Ogus graduated from the prestigious Ecole Hôtelière Jean Drouant in Paris, France's #1 restaurant cooking and management school.

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## STRAWBERRY-KIWI SMOOTHIE

*Since vitamin C is extremely sensitive to heat, food containing it should not be cooked for long periods of time or should be eaten raw to retain as much goodness as possible. This delicious, energy boosting smoothie, made of strawberries and kiwis, is a rich source of vitamin C. It's great for ensuring healthy eyes, especially the crystalline lens.*

### **Serves 4**

250g of strawberries

2 kiwis

20g of caster sugar

15 ice cubes

125g of fat-free plain stirred yoghurt, mixed with  
200ml of unsweetened evaporated milk

Juice of 1 lemon

A few mint leaves



1. Rinse the strawberries and remove the stalks. Cut into pieces.
2. Halve the kiwis and use a small spoon to remove the flesh. Add to the strawberries.
3. Sprinkle the caster sugar over the fruit and let it soak together in a cool place for 10-15 minutes.
4. Crush the ice cubes in a blender, then add the macerated fruit and yoghurt.
5. Blend until smooth and creamy.
6. Pour into serving glasses and set aside in a cool place. Decorate with one or two mint leaves just before serving.

## **STARTER: AVOCADO CREAM & PICKLED RED PEPPERS**

### *With lime & almond-oil dressing*

*Avocados are a wonderful, natural source of vitamins. They contain an average of 11mg of vitamin C per 100g, higher than most fruit found in metropolitan areas, up to 0.185mg of pro-vitamin A per 100g, on a par with peaches and plums, and a healthy dose of vitamin E: 1.85mg per 100g, much higher than amounts generally found in fresh fruit (0.1 to 0.6mg).*

*Red peppers are also rich in vitamin C (171mg per 100g), while almond oil is an excellent natural source of vitamin E (5mg per tablespoon).*

*This starter provides a powerful combination of vitamins A, C and E, and an excellent boost for your visual health.*

### **Serves 4**

#### **Avocado Cream**

2 avocados  
½ shallot, finely diced  
½ crushed garlic clove  
¼ bunch of chopped fresh coriander leaves  
Juice of ½ a lime  
½ teaspoon of grated lime peel  
½ teaspoon of cumin  
1 tablespoon of olive oil

#### **Pickled red peppers**

2 sweet red peppers  
1 tablespoon of olive oil  
1 teaspoon of sherry vinegar  
Salt & pepper

#### **Lime & almond-oil dressing**

1 tablespoon of grapeseed oil  
2 tablespoons of walnut oil  
1 tablespoon of lime juice



1. Wash and dry the sweet red peppers.
2. Grill in the oven for 15 minutes then place in a sealed plastic bag for 2 hours (this helps to remove the skin).
3. Finely dice the peppers, add the olive oil and sherry vinegar and set aside to marinade. Season with salt and pepper.
4. To prepare the dressing, gradually add the two oils to the lime juice. Mix to emulsify and store in a cool place.
5. Next, peel the avocados, cut into pieces and immediately stir in lemon juice. Mix with the other ingredients to obtain a smooth, evenly blended purée. Season to taste.
6. Place small servings of the cream of avocado and pickled red peppers on a plate.
7. Season with a few drops of the lime & almond-oil dressing. Serve cold.

## **MAIN: WILD SALMON IN A NUT CRUST**

### ***With mango chutney & coriander sauce***

*Salmon is a fish rich in vitamins A, C and E. It provides 10 to 12% of the recommended daily allowance of vitamins A, C and E per 100g of fish. The macadamia nut crust in this recipe also ensures a healthy dose of vitamin E, while the mango chutney adds an original touch and is rich in vitamin C.*

#### **Serves 4**

#### **Wild salmon in a nut crust**

4 x 150g steaks of wild salmon, skinned and boned  
200g salt  
20g sugar  
100g macadamia nuts (alternatively, use pecans or pistachio nuts)  
100g of sifted, all-purpose flour  
1 egg  
2 teaspoons of sunflower oil  
2g of cayenne pepper or ground black pepper  
50g of butter

#### **Coriander Sauce**

100ml of olive oil  
½ of a bunch of fresh coriander leaves  
Juice of a ¼ of a lemon

#### **Mango chutney**

2 mangos  
100g caster sugar  
150ml cider or white-wine vinegar  
1 garlic clove  
5g of ground or fresh ginger  
A few leaves of fresh coriander



#### **Preparing the salmon**

1. Mix the salt and sugar.
2. Sprinkle both sides of the fish with the mixture and leave to marinate for 30 minutes.
3. Rinse the steaks thoroughly and dry on absorbent paper towel. Place in a dish and cover with transparent cling film.
4. Chop the macadamia nuts and set aside in a dish.
5. Pour the flour into second dish.
6. In a third dish, mix the egg with the cayenne or black pepper and then add 1 teaspoon of sunflower oil and a pinch of salt.
7. Place the 3 dishes side by side (first the one with the flour, then the one with the egg mixture, and finally the one with the chopped nuts). Roll only one side of the salmon steaks in the flour and tap gently to remove any excess. Then, dip into the egg mixture and coat with the nuts. This should provide a good 3mm crust. Set aside in a cool place, ready for cooking.

### **Preparing the mango chutney**

1. Peel the garlic and remove a sprout. Crush with the ginger using a pestle and mortar.
2. Pour the vinegar into a casserole dish and add the sugar and crushed garlic. Cook over low heat for about 15 minutes. Set aside to cool.
3. Peel and dice the mangos. Roughly chop the fresh coriander leaves.
4. Add to the cool ingredients and stir.
5. Season to taste and set aside in a cool place, ready for serving.

### **Preparing the coriander sauce**

Mix the olive oil and half of the bunch of fresh coriander leaves. Add the lemon juice.

### **Cooking the salmon**

1. Heat 1 teaspoon of sunflower oil in a non-stick frying pan. Allow the steaks to brown slightly on the side coated with macadamia nuts before turning. After about 2 minutes, add the butter. Cook for another 5 minutes or so, regularly coating with the melted butter.
2. Serve the salmon steaks on hot plates and add a small serving of mango chutney (or serve the chutney on the side in a small glass bowl). Top with a few drops of the coriander sauce.

## DESSERT: LIGHT CITRUS SOUFFLE

*This simple recipe contains oranges, which are rich in vitamin C. Eggs are a good source of vitamin A, which is also rich in lutein and zeaxanthine, known to have a positive effect on eyesight.*

### Serves 4

2 large oranges

1 lemon

3 eggs

60g caster sugar

50g powdered icing sugar

1 pinch fine salt

A small amount of slightly soft butter and caster sugar to coat the 4 individual ramekins (each 8mm in diameter).



1. Preheat the oven to 180°C, using the fan setting where available.
2. Place the ramekins in the fridge for a few minutes. This will help the butter to cling to them more quickly (see next step).
3. Using a brush, butter the insides of the ramekin dishes and carefully sprinkle with caster sugar, without leaving any finger prints on the coated surface.
4. Gently turn the ramekins upside down to remove any excess sugar.
5. Use a peeler to remove the zest from the 2 oranges, taking care to separate the peel from the bitter, white part of the skin, then finely chop the zest.
6. Squeeze the juice from one orange and one lemon.
7. Break 3 eggs and separate the yolks.
8. Beat the 3 yolks briskly with 50g of caster sugar to obtain a white, foamy texture. Add the zest to this.
9. Beat the 3 egg whites with 1 pinch of salt until they form peaks. Finish by whisking in 10g of caster sugar and gradually add the lemon/orange juice.
10. Loosen the mixture of egg yolks and zest by whisking in a little egg white. Then, very carefully use a spatula to add the remaining egg white until well blended.
11. Carefully fill up the coated ramekins with the mixture, taking care not to let them overflow. Gently smooth the surface for presentation purposes and lightly sprinkle with powdered icing sugar.
12. Arrange the ramekins on an oven tray and place in the middle of the preheated oven. Bake for 7 minutes at 180°C. Do not open the oven door during this time.
13. Sprinkle the lemon soufflés with a dusting of icing sugar and serve immediately.

## HAZELNUT MINI MUFFINS

*Nuts are rich in vitamin E.*

### Serves 4

Preparation: 10 minutes

Cooking time: 15 minutes

Preheat oven: to 5/6 mark or 160°C

50g flour

40g sugar

50g hazelnuts or almonds

20g hazelnut or almond powder

5cl olive oil

5cl milk

1 whole egg

1 egg white

1 teaspoon baking powder

1 pinch of table salt



1. Beat the whole egg, egg white and sugar for 5 minutes until light and foamy.
2. Continue beating with a wire whisk as you add the olive oil and milk.
3. Fold in the previously mixed dry ingredients (flour, salt, baking powder and hazelnut/almond powder).
4. Whisk until just blended.
5. Pour into small, individual, paper muffin cases.
6. Distribute the whole nuts evenly among the individual servings, lightly pressing each one down into the mix.
7. Bake in the middle of the preheated oven for about 20 minutes.
8. Leave to stand for 5 minutes before removing from the moulds.

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\*Healthy Sight Survey commissioned by Transitions Optical, carried out with a national representative population of 1000 people aged 18 or over in the UK