

Delicious Recipes for Menopausal Women

by the
Australian
Menopause
Centre



Lemongrass, Eggplant & Broccoli Curry with Tofu



Ingredients | Recipe makes 4 servings

- 2 tbsp extra virgin coconut oil
- 4 finely chopped garlic cloves
- 1 inch finely chopped fresh ginger
- 2 stalks of lemongrass, crushed and finely chopped
- 1/2 tsp dried chili flakes
- 2 tsp turmeric 1 tsp mustard seeds, ground in a mortar
- 1 medium sized eggplant, cut into wedges
- 2 small apples, diced 1 cup of vegetable stock - (no preservative or additives, where possible)
- 1 tbsp apple cider vinegar
- 1 can (400 ml) coconut milk
- 3 cups broccoli, cut in florets
- 375g can of organic chickpeas, washed and drained
- 300g organic firm tofu, broken into 2.5cm cubes
- 1-2 tsp himalayan salt
- A handful of fresh basil and fresh coriander or mint

Method

1. Heat oil in a large pot on medium-high heat. Add garlic and sauté for about a minute, then add all 6 spices, lower the heat a bit and stir constantly to ensure they do not burn.
2. Add the eggplant wedges. Make sure all wedges are soaked in the oil. Next, add the apple and fry for a few minutes.
3. Add stock and apple cider vinegar, cover with a lid and cook for about 20 minutes or until the apple is tender.
4. Add the coconut milk, broccoli and salt and simmer for about 10 minutes. Stir in a generous handful of fresh basil and coriander for additional flavour.

Note: If you wish to add some carbohydrates, this dish is best served with Basmati rice. Alternatively, add additional protein such as poached chicken.

Tofu

1. Freeze the tofu, then defrost and squeeze out the excess water. This will make the tofu stiff, but when added to a sauce it soaks up the flavours.

Poached chicken

1. Poach chicken by using a steamer with vegetable stock in the bottom instead of water.
2. Place some fresh basil and lemongrass on top of the chicken and steam for about 8 minutes or until cooked.

Avocado, Cucumber and Fresh Herb Salad with Tahini Dressing



Ingredients

Recipe makes 4 servings

- 1 bunch coriander, washed and picked
- 1 bunch purple basil, washed and picked
- 1 avocado
- 1/2 punnet cherry tomatoes
- 2 small cucumbers, thinly sliced
- A sprinkling of sunflower seeds

Dressing

- 3 tbs tahini
- 2 tbs tamari
- Chilli to taste
- Warm water (to thin [tahini's](#) consistency to pouring)

Method

1. Combine all salad ingredients into a salad bowl.
2. Mix the dressing and pour over the salad before serving.

Note: This salad is an excellent side dish for fish or chicken.

Chilli Rubbed Pork With Pawpaw And Basil Salsa



Ingredients

Recipe makes 4 servings

- 1 tsp dried chilli flakes
- 1 tsp finely grated lemon rind, plus 2 tsp of lemon juice
- 4 x 150g pork medallions, trimmed of excess fat
- 1/2 small ripe [pawpaw](#), peeled, seeds removed and flesh chopped
- 1/2 cup basil leaves, shredded
- 1 small white onion, finely chopped
- 2 teaspoons olive oil
- 1 teaspoon red wine vinegar

Method

- 1.** Combine the chilli and the lemon rind with 1 tsp of sea salt, then rub over the pork. Allow to marinate for a couple of hours.
- 2.** Heat a chargrill pan or barbecue on high, add pork medallions, then reduce to a medium heat. Cook the pork for 3 minutes each side for medium (or until your liking).
- 3.** Transfer the pork to a warm plate and cover with foil to rest while you make the salsa.
- 2.** For the salsa, combine the lemon juice with remaining ingredients and season with sea salt and freshly ground black pepper. Serve the pork topped with salsa.

Pasta with Barley and Coriander Pesto



Ingredients

Recipe makes 4 servings

- 350ml water
- 100g pearl barley
- 2x 125g pkt Slendier Spaghetti
- 1 bunch fresh coriander
- ½ bunch spring onions
- 175g cherry tomatoes, halved
- 100ml vegetable stock
- 50g Parmesan cheese
- A good handful torn rocket leaves
- Salt and freshly ground black pepper to taste

Method

1. In a saucepan, bring the water to the boil. Stir in the barley. Reduce heat, cover and simmer for 30 minutes.
2. Cook pasta according to package instructions; drain.
3. In a food processor, finely chop the coriander, spring onions and half of the tomatoes. Mix in the stock and Parmesan cheese and process until well blended.
4. In a large bowl, toss the barley, pasta, coriander mixture, remaining tomatoes and rocket. Season with salt and pepper and serve immediately.

Note: Poached chicken, hard boiled eggs or salmon can all be added to this recipe.

Figs, Walnuts and Spinach Salad



Ingredients | Recipe makes 4 servings

- 1/2 medium red onion, thinly sliced
- 150g baby spinach
- 2 tbsp balsamic vinegar or apple cider vinegar (organic)
- 1/2 tsp honey
- 2 tbsp cold pressed walnut oil
- Salt and pepper to taste
- 8 dried figs, sliced
- 2 tbsp walnuts, chopped

**Optional* - add a handful of black cherries for extra taste

Method

- 1.** Slice onion
- 2.** Rinse and dry the baby spinach. If you have a salad spinner that is best, otherwise, dry with paper towels. This will avoid diluting the dressing.
- 3.** Place your choice of vinegar, honey, salt and pepper and oil in a jar and shake until combined.
- 4.** Toss spinach, onions, walnuts, and figs with dressing and serve.

Kale and Cashew Chips



Ingredients

Recipe makes 10 servings

- 1 large bunch green kale enough for about 8 firmly packed cups
- 1 cup raw cashews (soaked in water for 3 hours)
- 1/8 cup water (as needed for desired consistency)
- 3 tbsp freshly squeezed lemon juice
- 8-10 garlic cloves chopped roughly
- 1 tsp celtic sea salt
- 1 tbsp agave nectar (optional)
- 4 tsps granulated garlic

Method

- 1.** Tear the kale from the stalks (discard stalks), wash and place in a strainer to drain. You want a small bit of water left on the kale.
- 2.** Transfer kale into a large bowl.
- 3.** Place all other ingredients (except the granulated garlic) in a food processor until it reaches a thick, creamy and smooth texture (like the consistency of hummus). Add water as needed.
- 4.** Take small handfuls of this mixture and massage into the kale. Repeat this until all of the mixture has been added and the kale is coated evenly. It is best to use gloves for this step.
- 5.** Add the granulated garlic so that it is evenly distributed.
- 6.** Distribute the kale evenly on dehydrator sheets and dehydrate the kale for roughly 8 hours or until crisp.

Poached Salmon with Watercress Mayonnaise



Ingredients

Recipe makes 4 servings

- 1 carrot, chopped
- 2 celery stalks, chopped
- 1 onion, sliced
- 1 small fennel bulb, sliced
- 2 flat-leaf parsley stalks, bruised, plus 2 tbs chopped leaves
- 400ml white wine
- Pared zest of 1 lemon
- 1 tsp whole black peppercorns
- 1kg piece skinless salmon fillet
- 1kg chat potatoes, peeled
- 20g unsalted butter

Watercress mayonnaise (makes 350g)

- 3 egg yolks
- 1 tbs Dijon mustard
- 1/2 tsp lemon zest, plus 1 tbs lemon juice
- 1 cup (250ml) extra virgin olive oil

Method

- 1.** Place carrot, celery, onion, fennel, parsley stalks, wine, lemon zest and peppercorns in a large saucepan or stockpot and cover with 3L water.
- 2.** Simmer over medium heat for 25 minutes. Line a sieve with muslin or a clean tea-towel, strain stock in a deep, wide pan, discarding solids.
- 3.** Return stock to medium-low heat and bring to a gentle simmer. Add the salmon and poach for 10 minutes. Remove from heat, cover and leave the salmon to cool completely in the liquid to finish cooking.
- 4.** Meanwhile, for the mayonnaise, place the egg yolks, mustard and lemon zest and juice in a food processor and whiz to combine. With the motor running, add oil in a slow steady stream until thickened.
- 5.** Add the chopped watercress and 2 tablespoons warm water, then whiz to combine. Season, then chill until needed. Place the potatoes in a large saucepan of cold, salted water. Bring to the boil over medium-high heat. Cook for 10 minutes or until tender. Drain, toss with parsley leaves and butter. Allow to cool slightly.
- 6.** Carefully remove the salmon from the poaching liquid. Break the salmon into large pieces and arrange on a serving platter with the potatoes and lightly dressed watercress sprigs. Drizzle with the watercress mayonnaise, season with sea salt and freshly ground black pepper and serve.

Snapper with Red Cabbage and Apples



Ingredients | Recipe makes 4 servings

- 1/2 cup vegetable stock
- 1 large red onion, sliced
- 2cm piece ginger, peeled and grated
- 2 crushed garlic cloves
- 1/4 red cabbage, shredded
- 2 royal gala apples, cored and sliced
- 1/2 lemon, juiced
- Sprig of sage
- 4 snapper fillets

Method

1. Preheat oven to 180° C.
2. Sauté the onion in the vegetable stock on a medium heat until tender.
3. Add the garlic and ginger. Cook for another minute or until aromatic.
4. Add the apple, cabbage and 2 tbsp lemon juice to pan.
5. Reduce the heat, cover and simmer, stirring occasionally, for 15 minutes or until the cabbage is wilted and the apples are tender.
6. Season with salt & pepper and add extra stock as needed.
7. Divide the fish into portions and wrap in baking paper with a sprinkling of stock and a leaf or two of sage. Bake for 10-15 minutes in a moderate heat in the oven.
8. Serve with apple and cabbage mix.

Asparagus and Goat's Cheese Frittata



Ingredients

Recipe makes 4 servings

- 12 eggs, lightly whisked
- 1/2 cup thin cream
- 2 tbs finely chopped dill
- 20g butter
- 1 leek, white part only, thinly sliced
- 2 bunches asparagus, trimmed, diagonally cut into 3cm pieces
- 100g goat's cheese, crumbled
- Sliced bread, toasted to serve
- Mixed salad leaves, to serve

Method

- 1.** Preheat the grill on high. Whisk the eggs, cream and dill together in a medium bowl. Season well with salt and pepper.
- 2.** Melt the butter in a large frying pan over medium heat until it foams. Add the leek and cook, stir for about 5 minutes or until the leek softens.
- 3.** Add the asparagus and cook, stir for about 2 minutes or until tender and bright green (but still crisp).
- 4.** Pour the egg mixture over the leek in frying pan. Gently stir. Reduce the heat to low and cook for roughly 4 to 5 minutes, or until the frittata is almost set but the top is still runny.
- 5.** Remove from heat. Sprinkle the goat's cheese evenly over the top.
- 6.** Place the frying pan under the grill for 2 minutes, or until the frittata is set and the top is golden brown.

Steamed Bok Choy



Ingredients

Recipe makes 4 servings

- 2 medium garlic cloves, minced
- 1 teaspoon freshly grated ginger (from 1/2-inch piece)
- 1/4 teaspoon red pepper flakes
- 2 bunches bok choy, cleaned, ends trimmed, and cut into 1-inch pieces
- 1 tablespoon soy sauce
- 1 tablespoon water
- 1/4 teaspoon organic sesame oil (not the dark treated oil)
- Salt (optional)

Method

1. Prepare a steamer with boiling water. Place the bok choy, garlic, ginger, and red pepper flakes in the steamer and steam until the leaves begin to go limp, about 30 seconds. This will keep the stem crunchy.
2. Remove the bok choy and place in a serving bowl. Combine the soy sauce, water and sesame oil. Pour the mixture over the bok choy and serve immediately.

Note:

- This vegetable can be served as a vegetable accompaniment to all meat or vegetarian dishes.
- Bok Choy can be used in recipes where spinach is featured
- Bok Choy can be used in salads instead of lettuce or spinach. The juicy stem adds texture and flavour to any salad.

Thai-Inspired Tomato Soup



Ingredients | Recipe makes 4 servings

- 2 cups grape or cherry tomatoes
- 2 tbsp extra-virgin coconut oil
- 2 tbsp lemongrass, trimmed and finely chopped or 2 tsp fresh lemon juice 1 tbsp fresh lime juice
- 2 tsp minced fresh ginger
- 1 clove garlic, minced
- 1 tsp sea salt
- 1 tsp fresh basil leaves, thinly sliced (optional)

Method

1. Using a blender, combine the tomatoes, a cup of water, oil, lemongrass, lime juice, garlic, ginger and salt. Blend until smooth.
2. Add another cup of water and blend to combine.
3. Heat over stove.
4. Divide soup among serving bowls. Top with basil, if desired.

Note: For a larger meal, add chicken, tofu or fresh prawns.

Avocado Pineapple Smoothie Recipe



Adding avocado to a smoothie is a great way to make your smoothie creamy. Its velvety consistency is adaptable and will work with both fruits and vegetables. Try experimenting by adding avocado to any smoothie combination and you will be pleasantly surprised.

Ingredients | Recipe makes 4 servings

- 1 ripe, Fresh Avocado, seeded and peeled
- 1 1/2 cups pineapple, rough cut
- 1 1/2 cups orange juice
- 1 Tbsp. honey
- 2 tsp. lime juice
- 1 cup ice

Method

1. Combine ingredients (except the ice cubes) in blender. Puree until smooth.
2. Add ice cubes and blend again. Serve immediately.

Note: Depending on the size of your avocado adjust the other ingredients to a flavour that suits your tastebuds.

Berry Smoothie



A fast breakfast recipe for people on the move that includes a daily dose of liquid MetaPure EPA/DHA.

Ingredients | Recipe makes 4 servings


- 1/2 cup of fresh or frozen berries
- 500 to 750 mL filtered water or unsweetened soy milk
- A tablespoon or two of natural yoghurt
- 5ml of MetaPure EPA/DHA (citrus berry flavoured)
- 1 tsp Tahini
- Ice


Method

1. Combine ingredients and blend. Serve in a tall glass.
2. Can also sprinkle nutmeg on top for variation.

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