



COOK YOUR WAY TO BETTER HEALTH

THE ANTI- INFLAMMATORY COOKBOOK

RECIPES BY VICKI MA



RECIPES



4. Salmon, Kale & Quinoa Salad



6. Pumpkin, Turmeric & Ginger Soup



8. Granola Nut Clusters



10. Roasted Cauliflower & Quinoa Salad



12. Banana & Turmeric Smoothie



14. Stuffed Capsicum with Quinoa



16. Apple Crumble



18. Tuna Patties

THE BENEFITS OF: SALMON, QUINOA & KALE



SALMON

One of the best sources of omega-3 fatty acids and B vitamins - both of which are proven to reduce inflammation and assist with joint pain.



QUINOA

Exceptionally nutrient rich, great source of:

- Protein
- Copper
- Magnesium
- Folate
- Zinc



KALE

Packed with vitamins and minerals, including alpha-linolenic acid, an omega-3 fatty acid which is linked to reduced inflammation and lower levels of certain unhealthy fats in your blood.



SALMON, KALE & QUINOA SALAD

Ingredients:

- 2 x 150g skinless salmon fillet
- 1 tablespoon extra virgin olive oil
- 200g kale, chopped
- 250g green beans, trimmed, cut into 3 cm pieces
- 250g cherry tomatoes, halved
- $\frac{3}{4}$ cup (210g) SunRice Naturally Rice & Quinoa
- Salt and cracked pepper

Serves: 4

Prep Time: 15

Cooking Time: 25

Soy Dressing

- $\frac{1}{3}$ cup mirin
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 2 teaspoons caster sugar
- 2 teaspoons sesame oil

Method:

1. Cook rice and quinoa in a saucepan of boiling water for 25 minutes or until tender. Drain. Transfer to a large bowl to cool.
2. Meanwhile, blanch the green beans in a pot of boiling water for 2 - 3 minutes or until tender, add the kale in last minute of cooking time. Rinse under cold water and drain well.
3. Heat oil in a non-stick frying pan over medium-high heat. Add salmon fillets and cook for 2 minutes or until golden brown. Turn and cook for a further 1 - 2 minutes.
4. To make the dressing, whisk together mirin, olive oil, soy sauce, lemon juice, sesame oil and sugar in a medium size bowl.
5. Gently flake the salmon and add kale, green beans, rice and quinoa into the bowl. Toss well to combine. Drizzle with soy dressing and serve.

THE BENEFITS OF: PUMPKIN, TURMERIC & GINGER



PUMPKIN

High in fibre and potassium, which helps keep your heart healthy!

Rich in vitamins - one cup of diced pumpkin provides 100% of your daily vitamin A and 20% of your vitamin C needs.



TURMERIC

Incredible anti-inflammatory properties ideal for reducing joint pain and soothing arthritis.

Linked to improved brain function and reduced brain disease.



GINGER

Powerful anti-inflammatory and antioxidant properties - ideal for supporting joint health and reducing inflammation.



PUMPKIN, TURMERIC & GINGER SOUP

Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 large brown onion, finely chopped
- 2 cloves garlic, finely chopped
- 4 cm piece fresh ginger, finely grated
- 2 teaspoons grounded turmeric
- 1 medium (1.5kg) butternut pumpkin, peeled, seeds removed and cut into 3cm chunks
- 2 large carrots, roughly chopped
- 1 litre chicken or vegetable stock
- 2 cups (500ml) boiling water
- ¼ cup natural yoghurt
- ½ cup fresh coriander, chopped
- Salt and cracked pepper

Serves: 6

Prep Time: 15

Cooking Time: 60

Method:

1. Preheat the oven to 200°C/180°C fan-forced.
2. Toss the pumpkin in 1 tablespoon olive oil and place on prepared baking tray, season with salt and pepper. Place in the oven and cook for 20 - 30 minutes or until tender.
3. Meanwhile, heat remaining oil in a large saucepan over medium-high heat. Add, turmeric, ginger, onion and garlic. Sauté for 3 minutes, stirring often until onion has softened. Add chopped carrots, cook for 5 minutes.
4. Add stock, boiling water and roasted pumpkin into the mixture. Cover. Bring to the boil. Reduce heat to medium-low. Simmer for 15 to 20 minutes or until carrot softens. Set aside for 5 minutes to cool slightly.
5. Use a stick blender, puree until smooth. Place the soup over medium-low heat to warm through. Serve with a dollop of natural yoghurt and freshly chopped coriander.

THE BENEFITS OF: CINAMMON, OATS & OLIVE OIL



CINAMMON

Loaded with antioxidants that help with inflammation.

Helps reduce blood sugar, cholesterol and blood pressure level.



OATS

One of the most nutrient dense foods around - HALF a cup covers:

191% daily serve of manganese
41% daily serve of phosphorus
34% daily serve of magnesium
24% daily serve of copper



OLIVE OIL

Rich in healthy mono-unsaturated fats, vitamin E & K along with inflammation fighting antioxidants.



GRANOLA NUT CLUSTERS

Ingredients:

- 3 cups rolled oats
- 1 cup raw untoasted almonds
- ½ cup pumpkin seeds
- ½ cup walnuts, roughly chopped
- ½ cup of dried cranberries
- ½ cup shredded coconut
- 1 teaspoon cinnamon
- 1 tablespoon olive oil
- ½ cup maple syrup
- 1 teaspoon vanilla essence

Serves: 12

Prep Time: 5

Cooking Time: 30

Method:

1. Preheat oven to 180°C (160°C fan-forced).
Line two large baking trays with baking paper.
2. Mix oats, almonds, pumpkin seeds and walnuts in a large bowl.
3. In a medium bowl, whisk together oil, maple syrup, cinnamon and vanilla essence.
Pour over dry ingredients and mix well to combine.
4. Spread mixture evenly over baking trays and bake for 15 – 20 minutes, or until nicely toasted. Make sure to stir the granola every 10 minutes to prevent it from burning. Allow it to cool for 20 minutes. This will help it get crunchier.
5. In a large bowl, mix granola with dried cranberries and shredded coconut. Store mixture in an airtight jar or container. Serve with yoghurt or milk.

THE BENEFITS OF: CAULIFLOWER, CUMIN & YOGHURT



CAULIFLOWER

Jam-packed with vitamins, minerals & anti-inflammatory nutrients.

Aside from assisting with reducing inflammation related joint pain, Cauliflower also is great for your heart & brain health.



CUMIN

Rich in vitamins & minerals with a variety of health benefits - including anti-inflammatory properties.

Cumin can:

- Aid with digestion
- Treat insomnia
- Help improve your skin
- Improve your immune system



YOGHURT

Contains protein, vitamin B-12 & potassium, but also includes:

- Calcium for bone health
- Probiotics for digestive health & supporting the immune system.



ROASTED CAULIFLOWER & QUINOA SALAD

Ingredients:

- 1 large cauliflower, trimmed and broken into florets
- 1 tablespoon extra virgin olive oil
- ½ cup uncooked quinoa
- 1 teaspoon cumin
- 1 tablespoon ground turmeric
- 2 cups coriander, finely chopped
- 1 cup flat-leaf parsley, finely chopped
- Salt and cracked pepper
- ½ cup Greek-style yoghurt
- 1 garlic clove, crushed
- 2 tablespoons freshly squeezed lemon juice

Serves: 12

Prep Time: 5

Cooking Time: 30

Method:

1. Preheat oven to 200°C or 180°C (fan forced).
2. Rinse quinoa under cold water. In a medium saucepan, add ½ cup quinoa and 1 cup water and bring to a boil. Reduce heat to low, cover and simmer for 15 to 20 minutes or until most of the liquid has been absorbed. Set aside to cool.
3. Meanwhile, toss the cauliflower florets, oil and spices together in a large bowl. Spread out evenly on a baking tray and roast in the oven for approximate 15-20 minutes or until cauliflower is tender.
4. To make the dressing, mix yoghurt, garlic and lemon juice together in a medium bowl.
5. Combine roasted cauliflower, quinoa, coriander and parsley together in a large bowl. Season with salt and pepper and serve with a drizzle of yoghurt dressing.

THE BENEFITS OF: BANANA, SOY MILK & HONEY



BANANA

Delicious AND nutritious!

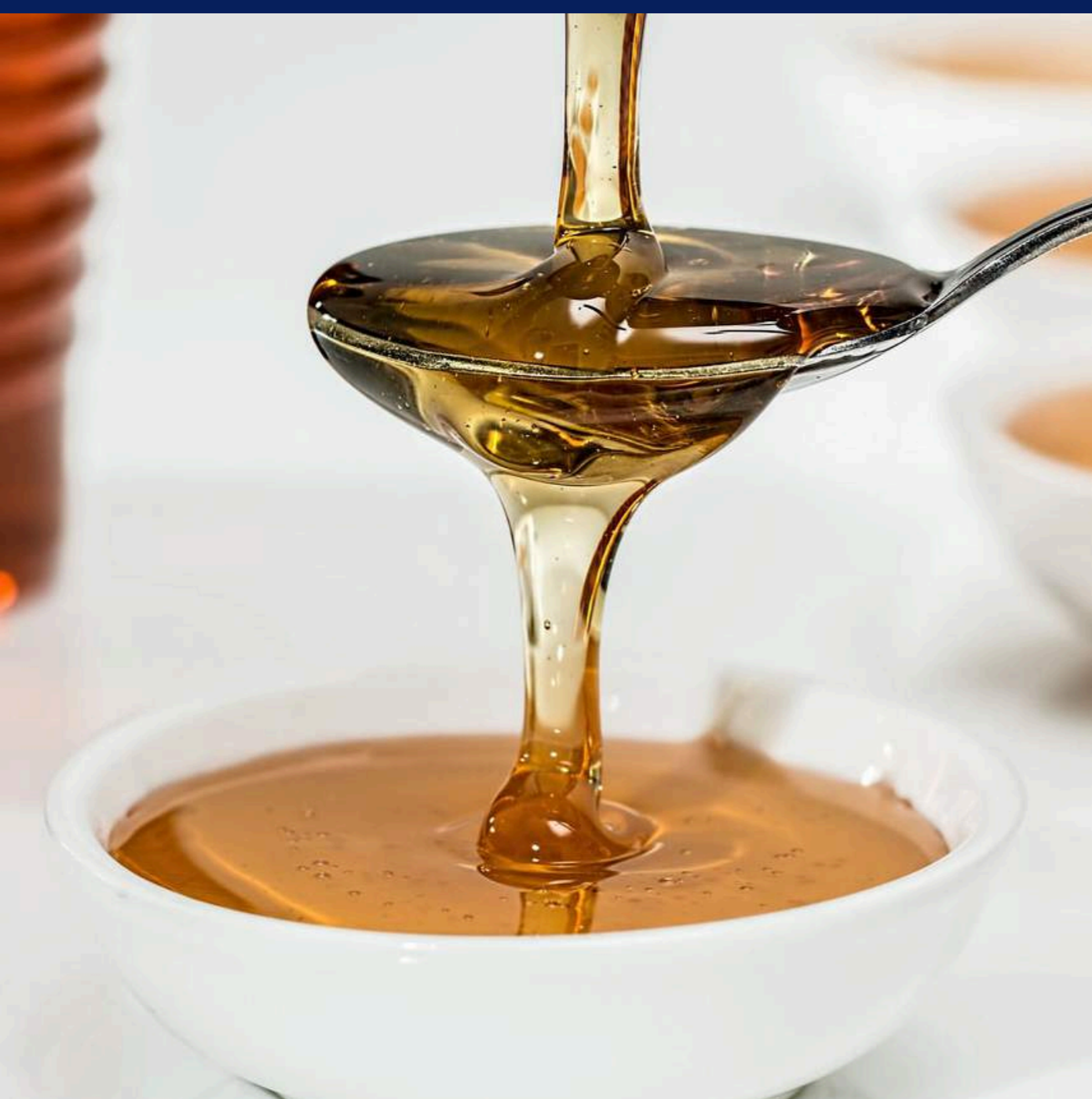
Bananas are full of essential nutrients (potassium, vitamin B6 & C, magnesium and copper). They can also assist with digestive health, weight loss and reducing inflammatory related pain due to their antioxidant content.



SOY MILK

Includes all of the important amino acids required in your diet to assist with proper nutrition.

Great source of calcium and iron while being dairy free!



HONEY

Apart from being tasty, honey also can help fight heart disease and other health issues due to strong antioxidant, anti-bacterial and anti-fungal ingredients.



TURMERIC & BANANA SMOOTHIE

Ingredients:

- 2 medium bananas
- 1 ½ cups soy milk
- ¼ cup natural yoghurt
- 2 tablespoons rolled oats
- ½ teaspoon turmeric powder
- ½ teaspoon grounded cinnamon
- 1 ½ tablespoon Manuka honey
- ½ teaspoon vanilla extract
- 6 ice-cubes

Serves: 2
Prep Time: 5

Method:

1. Add all ingredients into a high speed blender and pulse until smooth.

THE BENEFITS OF: CAPSICUM, GARLIC & CLOVES



CAPSICUM

High levels of vitamin A, lycopene, antioxidant & anti-inflammatory nutrients - promoting eye and heart health while also assisting with reducing inflammation related pain.



GARLIC

Rich in vitamin B6 & C and a range of minerals, including phosphorous, calcium & potassium.

The most important compound however is allicin - which is what gives garlic its distinctive smell and taste and provides anti-bacterial, anti-viral, anti-fungal and antioxidant benefits.



CLOVES

Assists with your immune system, digestive health & blood pressure while also being a good source of vitamin K, vitamin B6, thiamin, vitamin C & riboflavin.



STUFFED CAPSICUM WITH QUINOA

Ingredients:

- 4 large red capsicums
- 2 cups butternut pumpkin, cut into small cubes
- 1 zucchini, cut into small cubes
- 1 tablespoon extra virgin olive oil
- 1 garlic clove, minced
- 1 teaspoon grounded cumin
- salt and cracked pepper
- 3/4 cup uncooked quinoa
- 1 can diced tomatoes, drained
- 1/4 cup chopped fresh basil leaves
- 1/4 cup crumbled feta, plus more for sprinkling

Serves: 4

Prep Time: 15

Cooking Time: 50

Method:

1. Preheat oven to 200 °C (180 °C fan-forced). Line baking tray with non-stick baking paper.
2. Place pumpkin on baking tray. Drizzle with olive oil, season with salt and pepper. Bake for 20 to 25 minutes until slightly tender.
3. In a small saucepan, bring 1 1/4 cups water to a boil over high heat. Add the quinoa, give it a quick stir, and cover. Simmer for 15 minutes over low heat. Turn off the heat and allow the quinoa to steam covered for 5 minutes. Remove the lid and fluff with a fork.
4. In a large bowl, add cooked quinoa, roasted pumpkin, tomatoes, zucchini, basil, cumin, garlic and feta. Gentle stir to combine. Season with salt and pepper. Set aside.
5. Cut the tops off the capsicum. Scoop out the seeds. Spoon quinoa mixture into each capsicum. Cover dish with foil and bake for 20 – 30 minutes. Remove foil and sprinkle extra feta cheese on top and bake for another 10 minutes. Serve immediately.

THE BENEFITS OF: APPLE & COCONUT



APPLES

A great source of important antioxidants, flavanoids, & dietary fibre, all of which are important for health & wellbeing and can help reduce the risk of developing hypertension, diabetes or heart disease.

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COCONUT

Improves digestion, absorption of nutrients and is "anti" pretty much everything:

- anti-viral
- anti-bacterial
- anti-fungal
- anti-parasite

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APPLE CRUMBLE

Ingredients:

- 6 medium Pink Lady apples, peeled, cored and cut into small pieces
- 2 tablespoons Manuka Honey
- 1 tablespoon cinnamon
- 1 tablespoon freshly squeezed lemon juice

Serves: 8

Prep Time: 30

Cooking Time: 30

Crumble topping

- 1 cup rolled oats
- 2/3 cup plain (all-purpose) flour
- ½ cup brown sugar
- 125g unsalted butter, cut into small cubes
- 1 teaspoon cinnamon
- ½ cup pecans, roughly chopped
- ¼ cup shredded coconut

Method:

1. Place apples, honey, lemon juice, cinnamon and ½ cup water in a medium saucepan. Simmer gently over medium-low heat. Cook, stirring occasionally for 15 - 20 minutes. Or until apple softens. Transfer to a 1.5-litre-capacity ovenproof dish.
2. Preheat oven to 180°C (160°C fan-forced).
3. To make the crumble, add rolled oats, flour, sugar, butter, cinnamon, pecans and coconut in a large bowl. Rub the ingredients together with your fingers tips until well combined.
4. Spoon the crumble mixture over the apple. Bake in oven for 25 - 30 minutes or until golden brown. Serve with vanilla ice-cream or yoghurt.

THE BENEFITS OF: TUNA & CORIANDER



TUNA

Has a range of fantastic properties that can aid with lowering blood pressure and cholesterol levels, boost your immune system and promote healthy skin.

An ideal source of healthy fats and protein as well.

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CORIANDER

A great source of dietary fibre, manganese, iron, vitamin C, vitamin K & protein.

Promotes healthy liver function, reduces blood sugar levels & reduces inflammation.

Contains a type of aldehyde which some people can find "soapy" tasting, so be sure to check with anyone you want to cook for first.

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TUNA PATTIES

Ingredients:

- 1 x 425g can tuna in olive oil, drained
- 2 medium potatoes, peeled and chopped
- 1 tablespoon extra virgin olive oil
- 1 teaspoon turmeric powder
- 1 brown onion, chopped
- 1 medium carrot, grated
- 1 egg, lightly beaten
- ¼ cup dried breadcrumbs
- ½ cup fresh coriander, chopped
- salt and cracked pepper
- 1 tablespoon fresh lemon juice
- 1 lemon cut into quarters, for garnish
- Sweet chilli sauce, for serving (optional)

Serves: 4

Prep Time: 15

Cooking Time: 20

Method:

1. Cook potatoes in a large saucepan of boiling water for 15 - 20 minutes or until tender. Drain. Transfer to a large bowl and mash.
2. Stir in tuna, onion, turmeric, carrot, eggs, breadcrumbs, coriander, mashed potatoes and lemon juice. Mix well to combine, season with salt and pepper. Shape into 12 patties. Cover and refrigerate for 30 minutes.
3. Heat oil in a large non-stick frying pan over medium-high heat. Cook patties in batches for 2 -3 minutes on each side or until golden brown. Serve with sweet chilli sauce and lemon wedges.



eat for *wellness*

RECIPIES BY VICKI MA



Vicki is an Accredited Practising Dietitian (APD) and Sports Dietitian graduated from the University of Newcastle with a Bachelor of Nutrition and Dietetics. She is the Founding Director of Eat for Wellness, a private practice based in Melbourne.

Vicki has a special interest in weight loss management and have helped many individuals achieve their health and well-being goals.

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Nageze creates natural anti-inflammatory products designed to help reduce pain and relieve the symptoms associated with mild osteoarthritis so that you can be active for life.

Our mission is to promote improved health and wellness with natural solutions that have no damaging side effects.



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