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# VLCD RECIPES

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Asian vegetable stir fry

Asparagus and tomato stir fry

Cabbage zucchini and capsicum stir fry

Persian herb salad

Asian carrot and sprout salad

Coleslaw

Carrot and ginger salad

Salsa

Tomato salsa

Roasted Vegetable and Olive Salsa

Grilled capsicum salad

Stir Fry Bok Choy

Steamed Asian greens

Tomato and coriander salad

# PRE-SURGERY OPTIFAST RECIPES

## ASIAN VEGETABLE STRI FRY

### INGREDIENTS

- 2 teaspoon olive oil
- 1 medium brown onion, cut into thin wedges
- 1 carrot, cut into thin sticks
- 2 celery stalk, cut into thin sticks
- 8 large broccoli florets, cut into small florets
- 1 red capsicum, cut into thin strips
- 8 button mushrooms, sliced
- 6 green shallots, green part only, cut into strips
- Sweet Chili, Ginger & Lemongrass paste

### METHOD

- Heat the oil in a large wok over high heat. Add the onion, carrot and celery and half the Sweet Chili, Ginger & Lemongrass paste. Stir-fry for 2 minutes. Add, broccoli, capsicum, mushrooms, shallots. Stir-fry for 2-3 minutes or until the vegetables are tender crisp.
- Add the remaining paste, cook for 1 minute and then Serve

<https://www.optifast-me.com/recipe-details/208/asian-vegetable-stir-fry>

# ASPARAGUS AND TOMATO STIR-FRY

## Ingredients

- 1 teaspoon Sesame oil
- 500 gram asparagus, cut diagonally into 3 cm pieces
- 4 green Onions, Cut into 2 cm diagonal pieces
- 150 gram Canned mushrooms, Drained and sliced
- 2 small Tomatoes, Cut into thin wedges
- 1/2 teaspoon Grated lemon peel
- 1 tablespoon Soy sauce
- 2 teaspoon Lemon juice

## Preparation

- Heat a large saucepan over medium-high heat.
- Add oil, asparagus and onions.
- Stir-fry 3-4 minutes.
- Add mushrooms and stir-fry 1 minute.
- Stir in tomatoes, lemon peel, soy sauce and lemon juice.
- Heat thoroughly.

<https://www.optifast-me.com/recipe-details/211/asparagus-and-tomato-stir-fry>

## CABBAGE ZUCCHINI AND CAPSICUM STIR FRY

### Ingredients

- 1 tablespoon peanut oil
- 1 medium red onion, sliced
- 2 medium zucchini, sliced
- 1 large red capsicum, sliced
- 1/4 medium Chinese cabbage, chopped
- 1/2 teaspoon dried crushed chillies
- 1 teaspoon fish sauce
- 1 tablespoon low salt soy sauce
- 1/2 cup vegetable stock
- 2 tablespoon balsamic vinegar
- 1/2 teaspoon artificial sweetener
- 1 cup bean sprouts
- 1/3 cup chopped fresh coriander

### METHOD

- Heat oil in pan, add onion, zucchini, capsicum and cabbage. Cook stirring until onion is soft.
- Add chillies, sauces, stock, vinegar and sugar. Cook, stirring, until mixture boils, remove from heat.
- Stir in sprouts and coriander. Mix well. Best made just before serving.

<https://www.optifast-me.com/recipe-details/1355/cabbage-zucchini-and-capsicum-stir-fry>

## COLESLAW

### **Ingredients**

- 1 1/2 cup of cabbage finely chopped
- 1/2 carrot grated
- 1/2 celery stalk finely chopped
- 1 shallot chopped finely
- 1 tablespoon fat free mayonnaise or fat free coleslaw dressing
- 1 tablespoon Lemon juice

### **Preparation**

- Combine all ingredients and toss together

<https://www.optifast-me.com/recipe-details/1369/coleslaw>

## PERSIAN HERB SALAD

### Ingredients

- 1 bunch watercress, sprigs picked
- 1 bunch radish, trimmed, halved
- 6 shallots, trimmed, cut into 7cm pieces
- 1/2 bunch fresh mint, sprigs picked
- 1/2 bunch fresh continental parsley, sprigs picked
- 1/2 bunch fresh coriander, sprigs picked

### Method

Step 1 Place the watercress, radish, shallot, mint, parsley and coriander in a serving bowl. Toss to combine.

Australian Good Taste – November 2011 , Page 86, Recipe by Jody Vassallo

## CARROT AND GINGER SALAD

### Ingredients

- 2 tablespoons sesame seeds
- 3 medium (about 360g) organic carrots (Absolute Organic brand), peeled, cut into matchsticks
- 85g (1 1/4 cups) fresh bean sprouts, washed, dried
- dressing
- 60ml (1/4 cup) fresh lemon juice
- 1 tablespoon peanut oil
- 1 tablespoon sesame oil
- 3 teaspoons finely grated fresh organic ginger (Absolute Organic brand)
- 2 teaspoons brown sugar (avoid during the pre-surgery Optifast phase)
- Salt & freshly ground black pepper

### Method Notes

Step 1 Place sesame seeds in a non-stick frying pan over medium heat and cook, stirring, for 2-3 minutes or until lightly toasted. Remove from heat and set aside.

Step 2 To make the dressing, combine the lemon juice, peanut oil, sesame oil, ginger and sugar in a jug. Taste and season with salt and pepper.

Step 3 Place the toasted sesame seeds, carrot and bean sprouts in a medium bowl. Drizzle with the dressing and gently toss to combine. Divide salad among bowls and serve immediately.

Australian Good Taste – February 2004 , Page 60, Recipe by Caroline Griffiths

# ASIAN CARROT AND SPROUT SALAD

## Ingredients

- 2 tablespoons vegetable oil
- 2 tablespoons rice wine vinegar
- 1 teaspoons sesame oil
- 3 large (540g) carrots, peeled, cut into ribbons
- 150g snow peas, trimmed, thinly sliced diagonally
- 2 Lebanese cucumbers, cut into ribbons
- 2 cups beansprouts, trimmed
- 50g snow pea sprouts, trimmed

## Method Notes

- Step 1 Pour vegetable oil, vinegar, sesame oil into a screw-top jar. Season with salt and pepper. Secure lid. Shake to combine.
- Step 2 Place carrot and snow peas in a heatproof bowl. Cover with boiling water. Stand for 1 to 2 minutes or until snow peas turn bright green. Drain. Rinse under cold water. Return to bowl.
- Step 3 Add cucumber, beansprouts, snow pea sprouts and sesame seeds. Drizzle with dressing just before serving. Toss to combine. Serve.

Super Food Ideas – December 2007 , Page 71 ,Recipe by Dixie Elliott

# Salsa

## Ingredients

- 4 vine-ripened tomatoes, seeds removed, finely diced
- 1 yellow capsicum, seeds removed, finely diced
- 1 avocado, finely diced
- 1 red chilli, seeds removed, finely chopped
- 1 red onion, finely chopped
- 1 tablespoon olive oil
- 2 tablespoons lime juice
- 1/4 cup chopped coriander

## Method

- Step 1 Place all ingredients in a bowl, season, then gently toss to combine. Serve with bean chilli and tortillas.

delicious. – September 2003 , Page 105, Recipe by Valli Little

## Tomato Salsa

### Ingredients

- 1 medium tomato
- 12 yellow cherry tomatoes
- 1 shallot
- 1 large jalapeno chilli, minced
- 2 tablespoons fresh coriander, chopped
- 2 tablespoons fresh lime juice
- Salt and pepper

### Method Notes

- Step 1 Finely dice the vegetables. Tomatoes need to be deseeded to reduce the moisture.
  - Step 2 Combine ingredients in bowl and season to taste with salt and pepper.
  - Step 3 Cover with plastic wrap and set aside for the flavours to develop.
- Fresh Living – May 2005 , Page 54, Recipe by Victoria Hansen

## Roasted Vegetable and Olive Salsa

### Ingredients

- 1 medium zucchini, halved lengthways, thickly sliced
- 1 tablespoon olive oil
- 250g cherry truss tomatoes
- 1 tablespoon fresh oregano leaves
- 1/3 cup pitted kalamata olives

### Method

- Step 1 Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper.
- Step 2 Place zucchini on prepared tray. Season with salt and pepper. Drizzle with oil. Roast for 15 minutes or until golden and tender, adding tomatoes for last 5 minutes of cooking.
- Step 3 Combine zucchini, tomatoes, oregano and olives in a heatproof bowl. Toss gently to combine. Serve.

Super Food Ideas – October 2008 , Page 52, Recipe by Vanessa Horton

## Grilled Capsicum Salad

### Ingredients

- 3 capsicum (red, yellow and orange)
- 8 kalamata olives, pitted, halved
- 1 tablespoon capers, drained
- 1 tablespoon thyme leaves
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons red wine vinegar

### Method Notes

- Step 1 Preheat a grill on high heat. Cut capsicums into quarters. Remove seeds. Arrange capsicum, in a single layer, skin side up, on grill tray. Grill for 10 minutes or until skin is black and blistered.
  - Step 2 Transfer hot capsicum to a plastic bag and twist top to seal. Stand for 10 minutes. Peel and discard skin. Cut flesh into long, thick strips. Place in a bowl (see tip).
  - Step 3 Add olives, capers, thyme, oil, vinegar and salt and pepper to capsicum. Stir gently to combine. Stand for at least 1 hour for flavours to develop. Serve.
- Super Food Ideas – March 2006, Page 60, Recipe by Tracy Rutherford

## Stir Fry Bock Choy

### Ingredients

- 1 tablespoon peanut oil
- 200g fresh shiitake mushrooms
- 2 garlic cloves, finely chopped
- 2cm piece fresh ginger, peeled, grated
- 2 bunches baby bok choy, quartered
- 4 green onions, cut into 5cm lengths
- 1/4 cup Ayam oyster sauce
- 1 teaspoon sesame oil

### Method

- Step 1 Heat a wok over high heat. Add oil. Swirl to coat. Add mushroom. Stir-fry for 2 to 3 minutes or until tender. Add garlic and ginger. Stir-fry for 1 minute or until fragrant.
  - Step 2 Add bok choy. Stir-fry for 2 to 3 minutes or until bright green and just tender. Add onion, oyster sauce and sesame oil. Stir-fry for 1 to 2 minutes or until heated through. Serve.
- Super Food Ideas – February 2012, Recipe by Cathie Lonnie

## Steamed Asian Greens

### Ingredients

- 1 bunch (375g) baby bok choy, sliced lengthways into quarters
- 1 red capsicum, sliced
- 1 pkt (150g) oyster mushrooms
- 200g snow peas, trimmed
- 1/4 cup soy sauce
- 2 teaspoons grated ginger
- 1 bird's eye chilli, seeds removed and finely sliced

### Method

- Step 1 Bring a large wok or saucepan of water to the boil. Place the baby bok choy and capsicum into a bamboo steamer, place over the boiling water and steam for 3-4 minutes. Add the mushrooms and snow peas and steam for a further 3-4 minutes.
- Step 2 Meanwhile, to make the dressing, combine the soy sauce, ginger and chilli in a small bowl. To serve, arrange the vegetables on a large platter and pour over the dressing.

Fresh Living – March 2005 , Page 48

Recipe by Kim Meredith

## Tomato and Coriander Salad

### Ingredients

- 1 x 200g punnet grape tomatoes, quartered
- 1/2 red onion, finely chopped
- 1/3 cup chopped fresh coriander
- 2 teaspoons fresh lime juice
- 1/2 teaspoon finely chopped fresh red chilli (optional)

### Method

- Step 1 Combine the tomato, onion, coriander, lime juice and chilli, if desired, in a bowl. Cover with plastic wrap and set aside for 1 hour to develop the flavours.

Australian Good Taste – January 2009 , Page 63

Recipe by Tracy Rutherford