



VEGETARIAN & VEGETABLE SIDE DISHES
RECIPES



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Almond Broccoli Stir-Fry

Detox, FB, RR, SS, CC, PI, P2

Serves 4

- 2 tsp lemon
- 10 cups broccoli florets
- 2 gloves garlic
- ½ tsp ground ginger
- ½ cup slivered almonds, toasted (omit for programmes that are nut-free)
- ½ tsp sugar
- ⅓ cup low-sodium soy sauce
- 2 TBSP olive oil

In a nonstick frying pan, stir-fry broccoli in oil for 2 minutes or until crisp-tender. Add garlic; stir fry for 1 minute. Stir in soy sauce, sugar and ginger and cook 1-2 minutes or until sugar is dissolved. Sprinkle with lemon juice and almonds.

Baby Bok Choy with Garlic

RR, SS, CC

Serves 4

- Salt and pepper to taste
- 2 TBSP vegetable oil or olive oil
- 3 cups low-sodium vegetable broth
- 8 cups bok choy (Chinese cabbage)
- 4 cloves garlic, minced

Heat oil in frying pan over medium heat; cook and stir the garlic until very lightly browned, about 5 minutes. Pour in vegetable broth, add baby bok choy and bring to a boil. Reduce heat to a simmer and cook until the bok choy are tender, about 6 minutes. Season to taste with salt and pepper.



Bean Salsa

SS, CC

Serves 4

- 1½ cup kidney beans
- 3 cups tomatoes
- ½ cup yellow capsicum, diced
- ½ cup green capsicum, diced
- ½ cup red capsicum, diced
- ½ tsp tabasco sauce
- 1½ tsp lime juice
- 1 garlic clove

Combine all ingredients and store in refrigerator until ready to eat.

Cauliflower Spanish “Rice”

Detox, FB, RR, SS, CC, PI, P2

Serves 4

- 1 cauliflower head, grated to the texture of rice
- 2 garlic cloves, chopped
- 1 medium green capsicum, chopped
- 1 medium red capsicum, chopped
- 3 celery stalks, chopped
- 2 large carrots, chopped
- 3 cups low-sodium vegetable broth
- 2 TBSP extra virgin olive oil
- 1 medium tomato, diced
- 2 tsp cumin

Heat oil in a large frying pan and sauté chopped vegetables until heated through. Add broth and lower heat, stirring often. When cauliflower starts to soften, add tomato and spices and cover over low heat until it reaches the texture of Spanish rice. Adjust seasoning and broth to taste and texture.

Cherry Tomato Salad with Green Onions and Cilantro

Detox, FB, RR, SS, CC, PI, P2

Serves 6

- 4 cups cherry tomatoes
- 6 scallions
- 2 tsp chili powder
- 2 tsp dried oregano
- ½ tsp crushed garlic
- ⅓ tsp salt
- 2 TBSP freshly squeezed lime juice
- 2 TBSP apple cider vinegar
- ¼ cup fresh Chinese parsley leaves

Cut tomatoes in half. Mince scallions, discarding the root tips and some of the green portion. Add them to the tomatoes, along with the chili powder, oregano, garlic, salt and pepper. Drizzle with lime juice and vinegar. Add lettuce and Chinese parsley and toss to combine.



Creamy Carrot Soup

Detox, FB, RR, SS, CC, P1, P2
Serves 6

1 cup celery, chopped
Salt and pepper
1 cup vegetable stock
3 TBSP olive oil
1½ tsp parsley
1 cup onions, chopped
3 cups carrots, chopped

Put oil in a large deep saucepan over medium heat. When oil is hot, add vegetables. Sprinkle with salt and pepper and stir occasionally, about 15 minutes or until carrots are softened. Add stock and cook until vegetables are very tender, about 15-20 minutes. Cool the mixture and blend until pureed and smooth. Reheat if serving warm. If serving cold, refrigerate for 2 hours.

Eggplant Mixed Grill

Detox, FB, RR, SS, CC, P1, P2
Serves 4

2 TBSP olive oil
2 TBSP parsley
1 eggplant
¾ cup mushrooms
1 bell pepper
6 tsp oregano
2 TBSP basil
1 TBSP balsamic vinegar
1 TBSP salt
½ tsp pepper
6 cloves garlic, minced
1 red onion, cut into wedges
Asparagus (10 spears)

In a large resealable plastic bag, mix the oil, parsley, oregano, basil, vinegar, salt and pepper and garlic. Place onion, asparagus, mushrooms, eggplant and bell peppers in the bag to marinate for 2 hours in the refrigerator, stirring occasionally. Preheat grill for high heat and lightly oil the grill before grilling the vegetables for 6 minutes on each side, or until tender.

Eggplant Spinach Sauté

Detox, FB, RR, SS, CC, P1, P2
Serves 6

1 eggplant, cut into 1" cubes
2 large carrots, cut into 1" pieces
1 cup cauliflower
1 bunch spinach
1 tsp olive oil
1 onion, diced
Salt and pepper

Preheat frying pan and add oil. Wash spinach. Add onions, eggplant, carrots, salt and pepper and sauté for 5-7 minutes. Add cauliflower and sauté for another 5 minutes, adding spinach just before finishing. Cover; let simmer for 3 more minutes.

Garden Vegetable Soup

Detox, FB, RR, SS, CC, P1, P2
Serves 2

½ cup zucchini
2 garlic cloves, sliced
½ tsp salt
⅔ cup carrots, strips
½ cup onions, chopped
1½ cup cabbage, chopped
1 TBSP no-added-salt tomato paste
½ cup green beans
1 tsp basil
½ tsp oregano
4 cups vegetable broth

In a large saucepan sprayed with cooking spray, sauté carrots, onion, and garlic over low heat, about 6 minutes. Add broth, cabbage, green beans, tomato paste, basil, oregano and salt. Bring to a boil. Lower heat and simmer, covered for 15 minutes. Stir in zucchini and heat 3-4 minutes.

Green Beans with Almonds

RR, SS, CC
Serves 7

900 grams green beans
¼ cup sliced almonds

Trim ends off green beans and steam. Place in a bowl and top with almonds.

Grilled Vegetables

Detox, FB, RR, SS, CC, P1, P2
Servings based on amount of vegetables

Vegetables of your choice
Extra virgin olive oil
Dash salt and pepper

Preheat grill for high heat. Lightly coat vegetables with oil and season with salt and pepper. Grill over high heat until desired tenderness is reached.

Vegan Vegetable Curry

RR, SS, CC
Serves 6

2 TBSP curry powder
1 cup zucchini, chopped
1 cup onion, chopped
5 cups cauliflower, chopped
2 cups green beans
1 cup sliced ladies' fingers
1½ cup yams
1½ cup tomato sauce (low sugar)
6 cups light coconut milk

Combine coconut milk, tomato sauce and curry powder in saucepan. Bring mixture to a boil, and then reduce to a slow simmer. Add vegetables and cook 30-45 minutes, or until all vegetables are tender.

