

A MENU LEBAN

Main Dish &
Snack Edition

Recipe Booklet



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Proper nutrition is vital in maintaining normal bodily functions and is one of the most effective and least costly ways to decrease the burden of many diseases. This is especially true for patients suffering from liver diseases. Damage to the liver can make it difficult to maintain proper nutritional status and requires maintaining a specialized diet to supplement a patient's specific needs.

Fortunately, finding a nutritionally fortifying meal does not mean forgoing flavor! This booklet contains eight unique recipes featuring **Aminoleban®** – an orange-flavored dietary supplement formulated to provide nutritional support for patients with impaired liver function!

Supplement your nutrition and satiate your taste buds with these nutritious yet delicious dishes!

AMINOLE-SESAME CRISPY TOFU



Recipe by:
Makati Medical Center

Makes 2-3 servings

NUTRIENT CONTENT

per serving

Carbohydrates	31 g
Protein	16 g
Fats	13 g
Calories	320 kCal



270 g	Firm tofu, cut into bite-sized pieces	$\frac{3}{4}$ cup	Mirin or rice wine vinegar
1 cup	Brown sugar	2 tsp	Soy sauce
$\frac{1}{4}$ tsp	Salt	2 tsp	Oyster sauce
$\frac{1}{4}$ tsp	Pepper	2 tsp	Sesame oil
$\frac{1}{4}$ tsp	Cayenne pepper	2 tsp	Banana ketchup
500 mL	Canola or vegetable oil	1 tsp	Garlic, minced
1 sachet	Aminoleban®	4 tsp	Fresh ginger, minced
1½ cup	Water	$\frac{1}{2}$ cup	Green onions, finely sliced, to serve
2 cups	Cornstarch	$\frac{1}{8}$ tsp	Black/white sesame seeds, for garnish

Preparation

1. In a container, combine the cornstarch, salt, and ground black pepper. Mix well.
2. Place the tofu inside the container with the cornstarch mixture. Close the container and shake until the tofu is evenly coated.
3. Deep fry the tofu for about 7 minutes or until golden brown. Set aside.
4. In a pan, combine the water, soy sauce, vinegar, and ketchup. Bring to a boil.
5. Add the garlic, ginger, and sugar. Simmer for 5 minutes.
6. Add the cornstarch (diluted in 2 tbsp of water) and mix well until the sauce thickens. Turn off the heat.
7. Once the sauce has cooled down, pour the Aminoleban® into the cooked sauce.
8. Add the deep-fried tofu to the pan and mix with the sauce until the tofu is well-coated. Garnish with sesame seeds and green onions.

KIMBAP NOLEBAN



4	Dried seaweed sheets	4 strips	Yellow pickled radish, drained and julienned
120 g	Spinach, cooked and squeezed dry	4 pieces	Crab sticks, cut into long strips
2 cans	Tuna flakes in water	2½ cups	Cooked short-grain white rice or sushi rice
100 g	Gochujang	150 mL	Sesame oil
1 sachet	Aminoleban®	200 mL	Mayo
2	Large eggs, beaten	250 mL	Rice vinegar
120 g	Carrot, peeled and julienned		Roasted sesame seeds, to taste
1	Large cucumber, peeled, seeded, and julienned		

Recipe by:

**Makati Medical
Center**

Makes 5 servings

NUTRIENT CONTENT

per serving

Carbohydrates 60 g

Protein 32 g

Fats 52 g

Calories 475 kCal



Preparation

1. Preheat a pan or skillet. Add a small dash of cooking oil and spread it around the pan.
2. Add the beaten egg and cook both sides well over medium heat.
3. Place the egg omelet on a cutting board and cut it into long strips.
4. In a heated pan, slightly cook the carrots, crab sticks, and spinach separately for about 1 minute each over medium heat.
5. Place the cooked rice into a mixing bowl and then add sesame oil and rice vinegar. Mix well with a rice spatula.
6. In a bowl, mix gochujang, mayonnaise, **Aminoleban®**, and drained flaked tuna. Set aside.
7. Gather all the kimbap ingredients.
8. Place one dried seaweed sheet on the bamboo mat. Put the rice on the seaweed sheet and spread it evenly and thinly to cover about 2/3 of the seaweed, leaving about a 5 cm (2 inches) gap at the top.
9. Fill the seaweed with the filling ingredients, ensuring even distribution to avoid running out of ingredients later.
10. Place one crab stick at about the 1/3 point of the seaweed and then pile up a few egg strips, carrot sticks, cucumber, pickled radish, and the tuna-**Aminoleban®** mixture. Roll the seaweed.
11. If the seaweed does not stick, paste some water or a few grains of cooked rice on the gap you left in step 8. Set the rolled kimbap aside.
12. Repeat steps 8 and 9 with the remaining ingredients. Line up all the kimbap on a cutting board and apply some sesame oil (1 tbsp) around the seaweed surface.
13. Slice the kimbap into bite-size pieces.

AMINOLEBAN ZESTY ORANGE CHICKEN



Recipe by:
Makati Medical Center

Makes 5 servings

NUTRIENT CONTENT

per serving

Carbohydrates	31 g
Protein	16 g
Fats	13 g
Calories	320 kCal



300 g	Chicken fillet	3 tbsp	Garlic, minced
½ cup	All-purpose flour	¾ cup	Water
¾ cup	Cornstarch	2 stalks	Onion leeks
2 tbsp	Chili (labuyo)	2 pcs	Eggs
¼ cup	Sugar		Salt, to taste
¾ cup	Vinegar		Pepper, to taste
¾ cup	Soy sauce		Vegetable oil, for frying
2 tbsp	Ginger, minced		

Preparation

1. Cut the chicken into cubes.
2. In a pan, mix all the dry ingredients (flour, cornstarch, salt, and pepper).
3. In a separate bowl, beat 2 large eggs.
4. Coat the chicken with the dry mixture, then the egg, and then back to the dry mixture.
5. Let it rest for at least 5 minutes.
6. On high heat, deep fry the chicken until golden brown and set aside.
7. In a different saucepan, boil the vinegar and pour in the soy sauce and sugar.
8. Add the water and fresh orange juice.
9. Add salt and pepper to taste.
10. In a small bowl, mix 2 tbsp of cornstarch with water to make a slurry.
11. Let it simmer for 2 minutes or until the sauce thickens.
12. Turn off the heat, add the cooked chicken, and toss to coat.

VEGETABLE AND TOFU SALAD WITH AMINOLEBAN YOGURT DRESSING



Otsuka

Amino Acids + Vitamin + Minerals Orange Flavor
(Food for Special Medical Purposes)

For the Dietary Management of Patients with hepatic impairment

Each 5g JG contains the following ingredients	26.231781 g	Dl-alpha-tocopherol
Methionine	6.5	(Vitamin E acetate)
Phenylalanine-PFG	6.5	Acetaminophen
Rice bran oil	3.5	Choline bitartrate
Sucrose	2.5425	Sodium bicarbonate
L-Lysine	2.5425	Refined potassium chloride
L-Tryptophan	1.9225	Sodium chloride
L-Valine	1.602	Sodium citrate
Orange flavor (Nature identical flavor)	1.5	Refined potassium citrate
Citric acid monohydrate	0.75	Biotin (Vitamin H)
Color retention agent	0.1875	Mixed tocopherols
Sodium caseinate	0.52	(Antioxidant)
Soy lecithin(Emulsifier)	0.375	Alpha-hydroxy acid (Berry flavor) 0.325
Mono- and diglycerides of fatty acids	0.325	Alpha-hydroxy acid (Berry flavor) 0.305
Triglycerides	0.305	Calcium panthothenate
Calcium glycerophosphate	0.302	Sunset yellow (Food color)
L-Arginine HCl	0.2425	Manganese sulfate
L-Lysine HCl	0.2425	Ponceau 4R (Food color)
Magnesium sulfate·7H2O	0.255	Cyanocobalamin
Nicotinamide HCl·H2O	0.1875	Chlorophyllin sulfate
Potassium dihydrogen phosphate	0.175	Pyridoxine HCl
Potassium chloride	0.1625	Cholecalciferol (Vitamin D3)
Threonine	0.133	Riboflavin
Trisodium citrate dihydrate	0.13	Chlorophyllin (Food color)
Medium chain triglyceride	0.0851	Folic acid (Vitamin B9)
L-Tryptophan	0.0557	Phytomenone (Vitamin K)
Calcium acetate	0.025	Zinc sulfate·7H2O 0.021985 g

Aminoleban®
Orange Flavored Powder

Manufactured by:
Otsuka Pharmaceutical Co., Ltd.
Kita-ku, Kyoto 600-8524, Japan
Distributor:
Otsuka Pharmaceutical Co., Ltd.
Kita-ku, Kyoto 600-8524, Japan

Recipe by:
Makati Medical
Center
Makes 2 servings

NUTRIENT CONTENT

per serving

Carbohydrates	27 g
Protein	26 g
Fats	26 g
Calories	440 kCal



300 g Romaine lettuce
½ tsp Paprika
¼ tsp Cumin
Salt and pepper, to taste
1 block or 200 g Extra firm tofu
¼ cup Corn kernels
½ cup Avocado
½ cup Cherry tomatoes
Onions (optional)

3 tbsp Cashew nuts (slightly crushed)
2 tsp Honey
½ cup Greek yogurt
½ cup Avocado (for the dressing)
1 sachet **Aminoleban®**
Oil for pan frying or air frying (toss with some olive oil or corn oil)

Preparation

1. Cut firm tofu into cubes.
2. Toss the tofu with paprika, cumin, salt, and pepper.
3. Add $\frac{1}{2}$ sachet of **Aminoleban®**.
4. After tossing, pan fry the tofu until golden brown.
5. In a large bowl, assemble the greens and other vegetables according to your preferred setup.
6. Blend the other half of the avocado with the Greek yogurt, honey, and the remaining **Aminoleban®**.
7. Arrange the tofu in the salad bowl.
8. Drizzle or pour the Greek sauce over the salad.
9. Top with cashew nuts.

ORANGE GLAZED TOFU



Recipe by:

**Our Lady of Lourdes
Hospital**

Makes 3 servings

NUTRIENT CONTENT

per serving

Carbohydrates 58 g

Protein 16 g

Fats 15 g

Calories 429 kCal



6 blocks	Tofu	$\frac{1}{3}$ cup	Brown sugar
1 pc	Ginger	60 g	Mama Sita's oyster sauce
1 pc	Garlic	100 mL	Vegetable oil or olive oil
1 pc	Onion	30 mL	White vinegar
1 pc	Red bell pepper	1 cup	Cornstarch
2 pcs	Oranges	1 tbsp	Sesame seeds
1 sachet	Aminoleban®	3 pcs	Onion leeks

Preparation

1. Tear or cut the tofu into bite-sized chunks.
2. Coat the tofu with cornstarch, salt, and pepper.
3. Fry the coated tofu until golden brown and set aside.
4. Sauté garlic, ginger, and optional red bell pepper in a pan with sesame oil. Then, add oyster soy sauce, vinegar, orange juice, and Aminoleban® and let it simmer.
5. Add a cornstarch and water slurry, and simmer until thickened.
6. Coat the tofu in the sauce, sprinkle with sesame seeds and green onion, and serve as desired.

CARROT-ORANGE PANNA COTTA



Recipe by:

**Our Lady of Lourdes
Hospital**

Makes 3 servings

NUTRIENT CONTENT

per serving

Carbohydrates 54 g

Protein 9 g

Fats 17 g

Calories 302 kCal



1 sachet	White gulaman	1 pc	Medium-sized carrot
125 mL	Evaporated milk	20 g	Sliced nuts
125 mL	Nestlé cream	1 pc	Orange
½ cup	White sugar		Mint leaves, for garnish
1 sachet	Aminoleban®		

Preparation

1. Combine Nestle cream, evaporated milk, and sugar in a large saucepan. Bring the cream to a simmer (do not let it boil). Whisk occasionally until the sugar has completely dissolved and then remove from heat.
2. Add the softened gelatin mixture and whisk to completely dissolve the gelatin.
3. Pour the hot cream mixture into a clear glass cup.
4. In a blender, puree the carrots with Aminoleban®.
5. Combine the puree mixture, white gulaman, and white sugar in a saucepan. Bring to a simmer and whisk occasionally until the sugar has completely dissolved.
6. Pour the puree mixture on top of the chilled cream mixture.
7. Garnish with sliced orange and nuts.

FISH WITH ORANGE SAUCE



Recipe by:

**University of Santo
Tomas Hospital**

Makes 2 servings

NUTRIENT CONTENT

per serving

Carbohydrates 27 g

Protein 26 g

Fats 26 g

Calories 440 kCal



500 g	Fish fillet	3 cups	Cherry tomatoes
100 g	Whole peppercorns, crushed	¾ cup	White onion, chopped
100 g	Rock salt	½ cup	Red onion, chopped
100 g	Garlic powder	¾ cup	Cilantro
2 tbsp	Butter	3 tbsp	Calamansi juice
1½ cup	Oil	2 pcs	Olive oil
150 g	Flour	100 g	Ripe mangoes
100 g	Maggi Magic Sarap	1 sachet	Green onion leaves
250 g	Breadcrumbs		Aminoleban®

Preparation

1. Marinate the fish with salt, pepper, and Aminoleban®.
2. Roll the fish in garlic powder, flour, and bread crumbs.
3. Heat a pan with oil, then fry the fish. Finish with butter.
4. In a mixing bowl, add the chopped onions, tomato, and cilantro.
5. Add Aminoleban®, calamansi juice, and olive oil. Sprinkle with Magic Sarap and mix well.
6. Pour the sauce with chopped vegetables over the fish and serve.

BERRY SMOOTHIE BOWL



Recipe by:

**University of Santo
Tomas Hospital**

Makes 2 servings

NUTRIENT CONTENT

per serving

Carbohydrates 27 g

Protein 26 g

Fats 26 g

Calories 440 kCal



2 cups	Frozen mixed berries	2 pcs	Ripe mangoes
3 pcs	Frozen bananas	1 tbsp	Chia seeds
¾ cup	Honey	1 sachet	Aminoleban®

Preparation

1. Using a blender, combine berries, banana, and Aminoleban®. Blend until smooth.
2. Add honey to taste.
3. Top with mango cubes and chia seeds. Serve.

Action

AMINOLEBAN® ORAL is an enteral formula containing amino acids, carbohydrates, fats, vitamins and minerals as a dietary supplement especially for patients with liver impairment. The preparation has an amino acid composition consisting of high concentrations of branched-chain amino acids and low concentrations of aromatic amino acids according to the Fischer's formula.

Indications/Uses

For the Dietary Management of Patients with hepatic impairment (Reformulated). **AMINOLEBAN® ORAL** is a tolerable preparation that provides nutritional support to patients with chronic liver disease particularly those with hepatic encephalopathy.

Amino Acids + Vitamins
+ Minerals

Aminoleban® ORAL

ORANGE FLAVORED POWDER

FOOD FOR SPECIAL MEDICAL PURPOSES
FOR THE DIETARY MANAGEMENT OF PATIENTS
WITH HEPATIC IMPAIRMENT (REFORMULATED)

ONLINE NUTRITION COUNSELLING PROGRAM

Are you in need of a specific diet plan
to meet your nutritional needs?

Worry no more as  Otsuka brings you

ONLINE NUTRITION COUNSELLING

