



Arctic Gardens[®]

by NORTERA

Flawlessly seasoned. Zero Prep-Station Labor.



We are expanding our professional roasting portfolio with the Country-Style Blend.

In a high-volume kitchen, every minute of labor counts. We have already handled the heavy lifting—peeling, chopping, and pre-seasoning with canola oil and a signature spice blend—so you can bypass the prep station and move straight to the oven.

Roasting Vegetables Country Style 4x2kg

Ingredients: Broccoli, Cauliflower, Roasted red potatoes, Red onions, Roasted red peppers, Canola oil, Seasoning (sea salt, sugars, dehydrated vegetables, modified corn starch, spices, flavour).

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THE ADVANTAGE OF ROASTING VEGETABLES

PREP-FREE EFFICIENCY

Eliminate manual labor; these vegetables are ready to roast straight out of the bag.

TOTAL CONSISTENCY

Delivers a uniform flavor and premium look on every plate, every shift.

LABOR SAVINGS

Reduce kitchen time and cleanup by bypassing manual seasoning and oiling.

VERSATILE PAIRING

A universal side dish designed to partner perfectly with high-volume proteins like steak, salmon, and rotisserie chicken.



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Country-Style Harvest Bowl

For 20 servings
Preparation time : 5 min
Cuisson time : 15 min
Total time : 20 min

INGREDIENTS

- . 2 bags (4kg) Roasting Vegetables - Country Style
- . 500g fresh goat cheese (or crumbled goat cheese log)
- . 2/3 to 1 cup (150-250mL) liquid honey, to taste
- . Salt and pepper, to taste
- . 1 1/2 bags (3kg) Arctic Gardens rustic grain blend
- . 30 cups (7.5L or 20-25 leaves without stems) finely chopped kale
- . 5 cups (1.25L) apple, finely diced
- . 1/3 to 2/3 cup (75 to 150mL) fresh herbs: thyme or rosemary
- . 2/3 cup (150mL) pumpkin seeds (or other nuts of your choice, such as walnuts or pecans)
- . 2/3 cup (150mL) balsamic vinegar cream

PREPARATION

1. Preheat the combi oven to 450°F / 100% humidity.
2. Spread the frozen Country vegetables blend in a single layer on baking sheets. Bake for 5-6 min or until the vegetables are lightly browned.
3. Remove the vegetables from the oven. Crumble the goat cheese over the top and drizzle with honey.
4. Return to the oven for 2-3 minutes until the cheese begins to brown slightly.
5. Preheat the combi oven to 300°F / 100% humidity and cook the rustic grain blend for 6-7 min.
6. Divide the grain blend among bowls, along with the kale, roasted vegetables, and diced apple.
7. Adjust the seasoning to taste, sprinkle with fresh herbs and nuts or seeds for extra crunch. Drizzle with balsamic cream before serving.

One family. Four blends. Zero prep.

Master the roast. Skip the labor.



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