

Arctic Gardens[®]

RICED CAULIFLOWER

Offer **nutritious,**
vegetable-filled recipes
without sacrificing creativity
and flavor.



COUNTLESS BENEFITS



► **Rich in vegetables**

Made with 100% vegetables

► **Simple to prepare**

Save time in the kitchen:
already washed and cut

► **Versatile**

An excellent substitute for
rice and ideal in sauces, pizza
dough, tabbouleh, couscous,
purées and more

ARCTIC GARDENS

Riced Cauliflower

27223

4 x 2 kg



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RECIPE



CAULIFLOWER TABBOULEH



Preparation time: **10 minutes**
Cooking time: **15 minutes**



Servings: **25**
of 150g

INGREDIENTS

1 bag (2 kg)	Arctic Gardens Riced cauliflower
4 tbsps (60 ml)	Olive oil
4 tbsps (30 g)	Freshly chopped garlic
6 cups (400 g)	Coarsely chopped curly parsley
2/3 cup (30 g)	Finely chopped fresh mint
2/3 cup (80 g)	Chopped green onions
8 cups (1.7 kg)	Chopped plum tomatoes
1/2 cup (125 ml)	Olive oil
1/2 cup (125 ml)	Lemon juice
1 tbsps (15 g)	Salt
1 tsp (2.4 g)	Ground black pepper

DIRECTIONS

1. Preheat the oven to 450 °F (225 °C)
2. Spread the riced cauliflower onto 4 greased baking sheets lined with parchment paper.
3. Bake for 10 minutes and set aside. Cooking time may vary depending on the type of appliance used.
4. Use olive oil for greasing the baking sheets.
5. In a large bowl, mix together all ingredients.
6. Serve with pita and plain yogurt.

Nutrition Facts

Per (100 g)

Calories 170	% Daily Value *
Fat 3 g	3 %
Saturated 0 g	
+ Trans 0 g	2 %
Polyunsaturated 0,8 g	
Omega-6 Polyunsaturated 0 g	
Omega-3 Polyunsaturated 0 g	
Monounsaturated 0,5 g	
Carbohydrate 35 g	
Fibre 13 g	46 %
Sugars 17 g	17 %
Protein 11 g	
Cholesterol 0 mg	
Sodium 125 mg	5 %
Potassium 1700 mg	36 %
Calcium 175 mg	13 %
Iron 6 mg	33 %

* 5% or less is a little, 15% or more is a lot

RECIPE



TIP

Cauliflower is a great neutral base. It will absorb the taste of whatever you add to it.

CAULIFLOWER BURGER



Preparation time: **20 minutes**
Cooking time: **20 minutes**



Servings: **20**
of 50g

INGREDIENTS

- 1 bag** (2 kg) Arctic Gardens Riced cauliflower
- 4 tbsp** (60 ml) Olive oil
- SPICY LIME MAYO**
- 1 1/2 cup** (375 ml) Light mayonnaise
- 1/3 cup** (80 ml) Juice of 4 limes
- 1 tsp** (4 g) Zest of 4 limes
- 2 tbsp** (30 ml) Sriracha sauce
- BURGER**
- 1 1/2 cups** (375 ml) Whole medium eggs (10)
- 5 tsp** (8 g) Chili powder
- 2 1/2 cups** (250 g) Toasted breadcrumbs
- 2 1/2 cups** (240 g) Grated cheddar
- 1 1/2 tsp** (8 g) Salt
- 1/2 tsp** (2 g) Ground black pepper
- 20 buns** Mini hamburger buns or 10 regular hamburger buns
- 1/2 cup** (125 ml) Olive oil
- 4 cups** (142 g) Arugula

DIRECTIONS

1. Preheat the oven to 450 °F (225 °C)
2. Spread the riced cauliflower onto 4 greased baking sheets lined with parchment paper.
3. Bake for 10 minutes and set aside. Cooking time may vary depending on the type of appliance used. Use olive oil for greasing the baking sheets.
4. Mix together all the spicy mayonnaise ingredients. Set aside in the fridge.
5. Beat eggs with the chili powder. Add cauliflower, breadcrumbs and grated cheddar. Make 50 g or 100 g patties.
6. Heat a pan to medium and add olive oil.
7. Cook the patties 2 to 3 minutes on each side for mini patties and 4 to 5 minutes each side for regular ones.
8. Reheat the buns in the oven and garnish patties with spicy lime mayo and arugula.

Nutrition Facts	
Per (100 g)	
Calories 190	% Daily Value *
Fat 12 g	16 %
Saturated 4 g	
+ Trans 0,5 g	20 %
Polyunsaturated 4 g	
Omega-6 Polyunsaturated 4 g	
Omega-3 Polyunsaturated 1 g	
Monounsaturated 3,5 g	
Carbohydrate 15 g	
Fibre 2 g	7 %
Sugars 4 g	4 %
Protein 8 g	
Cholesterol 45 mg	
Sodium 370 mg	16 %
Potassium 175 mg	4 %
Calcium 125 mg	10 %
Iron 2 mg	8 %
<small>* 5% or less is a little, 15% or more is a lot</small>	
Contains : Wheat • Milk • Egg	