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

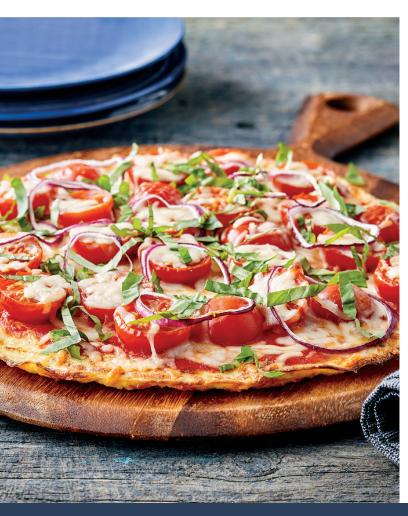
An excellent substitute for rice and ideal in sauces, pizza dough, tabbouleh, couscous, purées and more

ARCTIC GARDENS

Riced Cauliflower

27223

4 x 2 kg







CAULIFLOWER TABBOULEH



Preparation time: 10 minutes
Cooking time: 15 minutes



Nutrition Facts

Servings: 25 of 150 g

INGREDIENTS

1 tsp (2.4 g)

1 bag (2 kg)	Arctic Gardens
	Riced cauliflower
4 tbsp (60 ml)	Olive oil
4 tbsp (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 tomatoe
1/2 cup (125 ml)	Olive oil
1/2 cup (125 ml)	Lemon juice
1 tbsp (15 g)	Salt

Ground black pepper

DIRECTIONS

- 1. Preheat the oven to 450 °F (225 °C)
- 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
- 5. In a large bowl, mix together all ingredients.
- 6. Serve with pita and plain yogurt.

Per (100 g) Calories 170 % Daily Value * Fat 3 g 3 % Saturated 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 % Sugges 17 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	



CAULIFLOWER BURGER



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



Servings: 20 of 50 g

% Daily Value *

INGREDIENTS

1 bag (2 kg) Arctic Gardens Riced cauliflower

4 tbsp (60 ml) Olive oil

SPICY LIME MAYO

 1½ 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

1½ cups (375 ml) Whole medium eggs (10) 5 tsp (8 g) Chili powder

2½ cups (250 g) Toasted breadcrumbs

2½ cups (240 g) Grated cheddar

1½ tsp (8 g) Salt

Ye tsp (2 g)

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)
- Spread the riced cauliflower onto 4 greased baking sheets lined with parchment paper.
- 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.
- 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

Fat 12 g	16	%
Saturated 4 g	20	%
+ Trans 0,5 g	20	/0
Polyunsaturated 4 g		
Omega-6 Polyunsaturated 4 (_	
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	%
* 5% or less is a little, 15% or more is a lot		

Contains: Wheat • Milk • Egg