

Arctic Gardens®

DISCOVER OUR VEGGIE-MADE PASTA

Delight your customers with our delicious veggie-made pasta! A **healthy alternative** to regular pasta with a just-right texture and taste to provide **an upgraded offer to your patrons.**



VEGGIE-MADE PASTA, THE DELICIOUS GLUTEN-FREE OPTION TO TRADITIONAL WHEAT PASTA

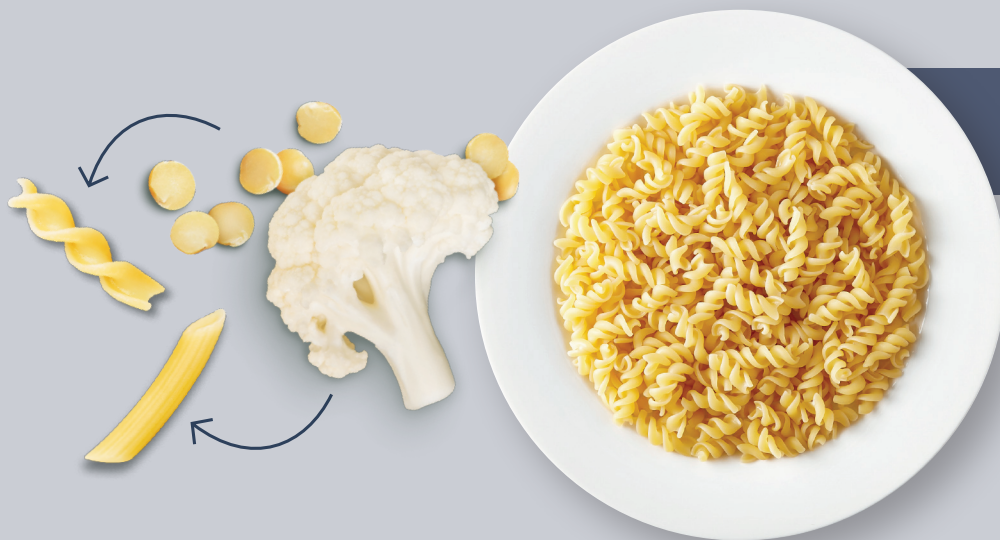


ARCTIC GARDENS
Veggie-Made Penne
27993
6 x 1 kg



ARCTIC GARDENS
Veggie-Made Rotini
27883
6 x 1 kg

- ▶ **Versatile alternative**
Made from split peas and cauliflower
Kid-friendly
Perfect for side dishes
- ▶ **Two varieties**
Penne
Rotini
- ▶ **Quick and easy!**
Pre-cooked
3-4 minutes in boiling water
Limits risk of potential contamination



DID YOU KNOW ?



The numbers of **consumers going** to gluten-free has tripled since 2009 ¹

¹ Source: <https://www.forbes.com/sites/niallmccarthy/2017/01/17/the-number-of-americans-going-gluten-free-has-tripled-since-2009-infographic/#627904ef32f>

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Arctic Gardens®

VEGGIE-MADE PASTA COOKING INSTRUCTIONS

► Recommended cooking method

Stove Top : Boiled

1. Add the frozen pasta to a saucepan of boiling water.
2. Cook for 2 to 4 minutes* or until you reach the desired texture and temperature.
3. Drain, season to taste and serve.

► Alternative cooking methods

Combi oven (Convection)

1. Preheat the industrial oven (rational) to reach 210°F / steam (100%)
2. Pour pasta into a baking tray (non-perforated ; 2½" high X 11¾" wide X 19½" long)
3. Cook 3 minutes* until the pasta has reached the desired texture and temperature.
4. Stir at the end and serve immediately.

Microwave (1200W) – 500g

1. Pour the frozen pasta into a microwave-safe dish, add ¼ cup of water and cover.
2. Microwave on High 5 to 6 minutes* or until thoroughly heated.
Stir halfway through cooking time.
3. Let stand for 1 minute after cooking and serve.

► Recommendations for use

Preparation of casserole dishes

1. Do not pre-cook pasta. Mix frozen pasta and other desired ingredients in the dish.
2. Keep frozen until ready to use.
3. By way of indication, a 1kg frozen casserole dish can be cooked in a conventional oven at 350°F, bake it for approximately 55 to 65 min or until the casserole dish has reached the desired texture and temperature.* Cover the dish with aluminum foil to avoid drying out the pasta.
4. Serve immediately..

Hot table use

1. The pasta can be kept warm for ± 20min on a hot table.
2. Lightly oil the tray (non perforated) before placing the pasta in it to prevent the pasta from sticking.



Valeur nutritive Nutrition Facts	
pour (300 g) Per (300 g)	
Calories 430	% valeur quotidienne* % Daily Value*
Lipides / Fat 27 g	42 %
saturés / Saturated 5 g + trans / + Trans 0 g	25 %
Glucides / Carbohydate 40 g	
Fibres / Fibre 6 g	24 %
Sucres / Sugars 7 g	7 %
Protéines / Protein 9 g	
Cholestérol / Cholesterol 10 mg	
Sodium 140 mg	6 %
Potassium 650 mg	14 %
Calcium 100 mg	9 %
Fer / Iron 3 mg	21 %
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup * 5% or less is a little, 15% or more is a lot	

Ingredients: Cooked yellow pea pasta
(water, yellow pea flour, cauliflower powder)

* Appliances vary. Heating times are approximate. For food safety and best quality, cook to a temperature of 165°F (74°C).



RECIPE



VEGETARIAN MEATBALLS ROTINIS



Preparation time: **25 minutes**
Cooking time: **25 minutes**



Servings: **25**
of 425 g

INGREDIENTS

12 cups	Arctic Gardens Veggie-Made Rotini
MEATBALLS	
1,3 L	Boiling Water
2 tbsp	Powdered vegetable broth
½ cups	TVP (Textured Vegetarian Protein)
2 ½ cups	Canned Chickpeas, drained
1 ½ tbsp	Garlic powder
2 tbsp	Onion Powder
½ tbsp	Dry Basil
½ tbsp	Dry Oregano
6	Beaten eggs
2/3 cup	Shredded parmesan
1 1/3 cup	Breadcrumbs Salt and Pepper
TOMATO SAUCE	
4,5 L	Canned tomatoes, drained
5/8 cup	Olive oil
2 ½ tbsp	Sugar
1/8 cup	Onion powder
1 ½ tbsp	Garlic powder Salt and Pepper

DIRECTIONS

1. Add the vegetable broth and the TVP to the boiling water. Mix and set aside.
2. Add the chickpeas in a food processor. Pulse until you get a puree.
3. In a salad bowl, put together the TVP, the chickpea puree and spices. Mix.
4. Add the eggs and mix well.
5. Add the Parmesan and breadcrumbs, and toss well. Season with salt and pepper to taste.
6. Shape into 42g meatballs.
7. Preheat the oven to 400F.
8. Place the meatballs on a non-stick baking sheet and bake in the oven for 15 to 20 minutes.
9. Put the diced tomatoes in a food processor and place the resulting sauce in a saucepan.
10. Add olive oil and spices, and simmer for 15 minutes on low heat.
11. Add salt and pepper to taste.
12. Boil the pasta using the method suggested by Arctic Gardens.

Valeur nutritive Nutrition Facts

Pour (300 g)
Per (300 g)

	% valeur quotidienne *	% Daily Value *
Calories 300		
Lipides / Fat 6 g		8 %
saturés / Saturated 1 g		
+ trans / + Trans 0 g		6 %
Glucides / Carbohydrate 50 g		
Fibres / Fibre 7 g		28 %
Sucres / Sugars 8 g		8 %
Protéines / Protein 11 g		
Cholestérol / Cholesterol 5 mg		
Sodium 400 mg		17 %
Potassium 600 mg		13 %
Calcium 100 mg		9 %
Fer / Iron 4 mg		29 %

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup
* 5% or less is a little, 15% or more is a lot