

**Arctic
Gardens**®

ROASTING VEGETABLES ASPARAGUS & RED POTATOES

Simplify your operations with our colourful and tasty blend.



IDEAL AS A SIDE DISH AND MORE!



ARCTIC GARDENS
Roasting vegetables
27774
4 x 2 kg

Valeur nutritive Nutrition Facts	
pour 2/3 tasse (85 g) Per 2/3 cup (85 g)	
Calories 70	% valeur quotidienne * % Daily Value *
Lipides / Fat 2 g	3 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %
Glucides / Carbohydate 11 g	
Fibres / Fibre 2 g	7 %
Sucres / Sugars 2 g	2 %
Protéines / Protein 2 g	
Cholestérol / Cholesterol 0 mg	
Sodium 180 mg	8 %
Potassium 225 mg	5 %
Calcium 20 mg	2 %
Fer / Iron 0.75 mg	4 %
* 5% ou moins c'est peu. 15% ou plus c'est beaucoup * 5% or less is a little. 15% or more is a lot	

- ▶ **Low in fat**
- ▶ **Source of fibre**
- ▶ **Cholesterol-free**
- ▶ **Source of potassium**



Arctic Gardens®

DISCOVER THE SIMPLICITY OF OUR ROASTING VEGETABLES BLEND

▶ **Easy to cook**

Cook for about 6-7 minutes in convection oven

Stir fry for about 12-14 minutes



▶ **Smooth texture**

Ideal size of each vegetable to guarantee a smooth texture

▶ **Customizable**

Light coating enables to add your personal twist



VEGETABLE SOLUTIONS AND MORE FOR YOUR MENU



AVAILABLE YEAR-ROUND

▶ **High food quality & safety**

Picked at the peak of maturity, certified by at least one Global Food Safety Initiative (GFSI), traceability

▶ **Easy to use**

Pre-washed, pre-cut and ready-to-cook increased labour efficiencies zero product waste due to long shelf life

▶ **Versatile**

Numerous applications

Get inspired with the following menu applications



RECETTE



SCRAMBLED EGG, POTATO AND ASPARAGUS CASSOLETTE AU GRATIN



Preparation time: **20 minutes**
Cooking time: **30 minutes**



Servings: **20**
of 300 g

INGREDIENTS

CASSOLETTE

- 4 tbsp** (60 ml) Sunflower oil
- 9 lbs** (2 bags of 2 kg) Arctic Gardens Roasting Vegetables Asparagus & Red Potato
- 1 lb** (3 bags 150 g) Fresh baby spinach
- 20 units** (about 2 lbs) Large calibre eggs
- 3 ½ c** (850 ml) Béchamel sauce
- 2 c** (300 g) White cheddar, grated
- 1 c** (100 g) Green onions, chopped

BÉCHAMEL

- 3 c** (750 ml) 2% milk
- 3 ½ tbsp** (50 ml) Unsalted butter, melted
- 5 tbsp** (50 ml) Unbleached all-purpose flour
- 1/2 tsp** (2.5 g) Sea salt
- 1/4 tsp** (0.5 g) Ground nutmeg
- 1/4 tsp** (0.5 g) Onion powder
- 1/2 tsp** (1 g) Garlic powder

DIRECTIONS

BÉCHAMEL

1. In a pan, melt butter at medium heat. Add flour and whisk for 1 minute. Add milk and whisk until thickened. Set aside.

ASSEMBLING THE CASSOLETTE

1. Preheat oven to 425 °F (210 °C).
2. Mix together the sunflower oil and Paco mixture. Put on a baking sheet and roast for 20 minutes. Add spinach and mix.
3. Cook scrambled eggs and set aside.
4. In a casserole dish, add 1 cup of Paco mixture, ¼ cup of scrambled eggs, ¼ cup of Béchamel and 1 tablespoon of cheddar.
5. Set the oven to broil and put casserolettes on the highest grill rack. Broil until golden. Garnish with green onions.

Valeur nutritive Nutrition Facts

pour 1 portion (300 g)
Per 1 serving (300 g)

	% valeur quotidienne *	% Daily Value *
Calories 340		
Lipides / Fat 19 g		25 %
saturés / Saturated 7 g		
+ trans / + Trans 0,2 g		36 %
Glucides / Carbohydrate 27 g		
Fibres / Fibre 4 g		14 %
Sucres / Sugars 3 g		3 %
Protéines / Protein 15 g		
Cholestérol / Cholesterol 205 mg		
Sodium 610 mg		27 %
Potassium 750 mg		16 %
Calcium 250 mg		19 %
Fer / Iron 3 mg		17 %

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