

Arctic Gardens®

FUSION BLEND

Offer a delicious and colourful alternative
to traditional bean blends



COUNTLESS BENEFITS



ARCTIC GARDENS
Fusion Blend
27115
4 x 2 kg

Ingredients

Edamame, Black Beans, Super Sweet Corn

- **Time-saving**
Washed and trimmed beforehand
- **Ready-to-cook**
- **Great consistent texture**
Blanched; delivers same great texture every time
- **Clean label & healthy**
Filled with diverse nutrients

Nutrition Facts Valeur nutritive

Per 2/3 cup (100 g)
Pour 2/3 tasse (100 g)

Calories 90	% Daily Value*
% Valeur Quotidienne*	
Fat / Lipides 1 g	1 %
Saturated / Saturés 0 g	0 %
+ Trans / Trans 0 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 2 mg	1 %
Potassium 250 mg	5 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %

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



DID YOU KNOW ?

65%

of Gen Zs say they are looking for a **more plant-based forward diet**.

Source: Hartman Group, reported by Supermarket News: www.supermarketnews.com/health-wellness/gen-z-leading-generational-shift-plant-based-food-purchasing



FOR MORE INSPIRATION, VISIT ARCTICGARDENSFOODSERVICE.CA

RECIPE



ASIAN SALAD WITH MANGO AND GINGER



Preparation time: **15 minutes**
Cooking time: **5 minutes**



Portions: **25**

Ingredients

Salad	Arctic Gardens Fusion Blend
1 bag (2kg)	Canola oil
1 tsp (5ml)	Uncooked rice vermicelli (yields 500g cooked)
½ bag (200g)	Red onion, finely sliced
⅓ cup (80g)	Red pepper, julienned
1 ½ cup (160g)	Bean sprouts
1 ½ cup (160g)	
Vinaigrette	Arctic Gardens Diced Carrots
2 cups (200g)	Rice Vinegar
½ cup (125ml)	Mango juice
⅓ cup (170ml)	Fresh ginger, grated
2 tsp (10g)	Honey
2 tbsp (30ml)	Canola oil
½ cup (125ml)	Fresh mint, chopped
2 tbsp (6g)	

Directions

1. Cook the Fusion Blend in boiling water or steam for 3 or 4 minutes. Rinse under cold water and set aside.
2. Thaw the carrots. At the same time, cook the rice vermicelli according to package instructions.
3. Sauté red peppers with canola oil.
4. In a processor, combine the diced carrots, rice vinegar, mango juice, fresh ginger, honey and canola oil.
5. Mix together all salad vegetables with the rice vermicelli. Dress with vinaigrette and garnish with chopped mint.

Nutrition Facts Valeur nutritive

Per (100 g) Pour (100 g)	
Calories 140	% Daily Value *
Fat / Lipides 5 g	7 %
Saturated / Saturés 0,4 g	2 %
+ Trans / Trans 0 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	1 %
Potassium 250 mg	5 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %

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RECIPE



FUSION MEXICAN SOUP AS SEEN ON THE COVER



Preparation time: 15 minutes
Cooking time: 25 minutes



Portions: 25

Ingredients

1 bag (2 kg)	Arctic Gardens Fusion Blend
3 cups (600 g)	Diced red onion
5 tbsp (35 g)	Chopped garlic
½ cup (125 ml)	Vegetable oil
5 cups (750 g)	Diced red bell peppers
2 L (5 cans of 398 ml)	Diced tomatoes
5 tbsp (25 g)	Chili seasoning
2 tbsp (5 g)	Dried oregano
20 cups (5 L)	Homemade chicken stock
1½ cups (150 g)	Grated cheddar cheese

Directions

1. Heat oil in a large pot and sweat onion and garlic for 3 minutes.
 2. Add all remaining ingredients except the cheese.
 3. Bring to a low boil and cook for 20 minutes.
 4. Divide into bowls and top with grated cheddar.
- Option: Garnish with baked tortilla strips.

Nutrition Facts Valeur nutritive

Per (100 g) Pour (100 g)	
Calories 70	% Daily Value *
Fat / Lipides 3 g	4 %
Saturated / Saturés 0,5 g + Trans / Trans 0 g	3 %
Carbohydrate / Glucides 8 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 5 mg	
Sodium 100 mg	4 %
Potassium 175 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 0,5 mg	3 %

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