

Arctic
Gardens[®]

RICED CAULIFLOWER

Offer nutritious,
vegetable-filled recipes without
sacrificing creativity and flavour



COUNTLESS BENEFITS



ARCTIC GARDENS
Riced Cauliflower
27223
4 x 2 kg

Packed with nutrient-rich vegetables

- 100% made with cauliflower
- Source of fibre

Effortlessly ready in minutes

- Streamlined meal preparation
- Pre-cut and pre-washed
- Uniform cut and outstanding flavour

Adaptable to any culinary creation

- A perfect alternative for rice, and to elevate dishes such as stir-fries, pizza crusts, trendy grain bowls and many other applications!

Nutrition Facts Valeur nutritive

Per 2/3 cup (85 g)
Pour 2/3 tasse (85 g)

Calories 15	% Daily Value *
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	
+ Trans / + trans 0 g	0 %
Carbohydrate / Glucides 3 g	
Fibre / Fibres 2g	7 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 15 mg	1 %
Potassium 125 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %

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



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RECIPE



CAULIFLOWER TABBOULEH



Preparation time: 10 minutes
Cooking time: 15 minutes



Portions: 25

Ingredients

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
⅓ cup (30 g)	Finely chopped fresh mint
⅓ cup (80 g)	Chopped green onions
8 cups (1.7 kg)	Chopped plum tomatoes
½ cup (125 ml)	Olive oil
½ cup (125 ml)	Lemon juice
1 tbsp (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*.
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.

* Cooking time may vary depending on the type of appliance used.

Nutrition Facts Valeur nutritive

Per (100 g) Pour (100 g)	
Calories 50	% Daily Value * % valeur quotidienne *
Fat / Lipides 4 g	5 %
Saturated / saturés 0.5 g + Trans / + trans 0 g	3 %
Carbohydrate / Glucides 4 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 170 mg	7 %
Potassium 200 mg	6 %
Calcium 30 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	

RECIPE



GENERAL TAO CAULIFLOWER BITES



Preparation time: 15 minutes
Cooking time: 30 minutes



Portions: 25-30

Ingredients

Cauliflower croquettes

2 kg (1 bag)

2 cans (540 ml each)

200 g (2½ cups)

45 ml (3 tbsp)

40 (½ cup)

150 g (1½ cups)

30 g (5 tbsp.)

30 g (5 tbsp)

20 g (5 tsp.)

5 ml (1 tsp.)

General Tao Sauce

250 ml (1 cup)

125 ml (½ cup)

125 ml (½ cup)

60 ml (4 tbsp)

25 g (2 tbsp)

5 ml (1 tsp)

30 ml (2 tbsp)

25 g (2 tbsp)

45 g (3 tbsp)

Arctic Gardens Riced Cauliflower

**Arctic Gardens
Chickpeas, drained**

Panko breadcrumbs

Light soy sauce

Cilantro, chopped

Green onions, chopped

Garlic, chopped

Ginger, chopped

Cornstarch

Sesame oil, toasted

Homemade chicken broth

Honey

Rice vinegar

Low-salt soy sauce

Tomato paste

Sriracha sauce - optional

Hoisin sauce

Garlic, chopped

Cornstarch

Directions

1. Preheat oven to 210°C (425°F).
2. Spread cauliflower on four baking sheets lined with parchment paper. Bake for 20 minutes* and cool.
3. Drain chickpeas and purée.
4. Mix all ingredients and shape into ±40g balls.
5. Put a little oil in a non-stick frying pan and cook the croquettes over medium heat for 3 minutes on each side**. Keep warm.
6. Combine all sauce ingredients, bring to a low boil and cook for 3 minutes, stirring constantly.
7. Serve 25 ml General Tao sauce per serving of 2 cauliflower bites.

* If using a combi oven, adjust cooking time to approximately 8-10 minutes.

** Alternative cooking method : Preheat combi oven to 480°F / 0% humidity, then bake at 352°F / 100% humidity for 12 minutes or until croquettes are golden brown.

Nutrition Facts

Valeur nutritive

Per (100 g)

Pour (100 g)

Calories 70

% Daily Value *

% valeur quotidienne *

Fat / Lipides 0.5 g 1 %
Saturated / saturés 0 g 0 %
+ Trans / + trans 0 g

Carbohydrate / Glucides 16 g
Fibre / Fibres 3 g 11 %
Sugars / Sucres 5 g 5 %

Protein / Protéines 3 g

Cholesterol / Cholestérol 0 mg

Sodium 180 mg 8 %

Potassium 150 mg 4 %

Calcium 20 mg 2 %

Iron / Fer 0.75 mg 4 %

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