

Arctic Gardens[®]

**NEW
PRODUCTS
TO DISCOVER**

FOODSERVICE





Discover our new Frozen Arctic Gardens products now launching in the United States.

High quality products available all-year-round that are sure to satisfy your customers' needs, help change up their menu and provide great recipe versatility.

OUR PRODUCTS ARE

- Romanesco blend
- Kalebanzo blend
- Fusion blend
- Riced cauliflower
- Rice pilaf
- Mirepoix mix
- Roasting vegetables

THOUSANDS OF POSSIBILITIES

As many operators look to streamline the ingredients and menu components they order, these products can be customized and used for multiple options: from soups to desserts, the possibilities are endless!

LONG SHELF-LIFE

With their long shelf life, our new products will help you minimize your waste costs.

READY-TO-COOK

Frozen vegetables are the most economical, time-saving and practical option for operators. Our vegetables are tasty, pre-washed, and pre-cut, which will help increase your efficiency when it comes to labor. With good preparation and storage practices, the results are similar to cooking with fresh vegetables.

Discover them for yourself!

DID YOU KNOW? ❄️

Flash-freezing is a 100% natural process that consists of freezing food at very low temperature (-31°F) for just a few minutes in order to preserve all of its properties.

At Arctic Gardens, all vegetables are frozen immediately after harvest, when they are at the peak of freshness, taste, colour and nutrients, ensuring quality all-year long.





Nutrition Facts	
about 24 servings per container	
Serving size	3/4 cup (85g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 150mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Romanesco blend

Ingredients: Yellow carrots, orange carrots, green beans, Romanesco broccoli

BENEFITS

- Excellent source of vitamin A
- Low in fat
- Source of fiber
- Convenient
- Long shelf life
- Excellent as a side dish.
- Great alternative to fresh vegetables with exceptional color retention.

COOKING INSTRUCTIONS

Start from frozen vegetables and cook to a minimum temperature of 165°F (74°C). Cooking time may vary depending on the type of appliance used. For best results, pierce vegetables with fork to check desired texture.

Recommended cooking method

STEAM
Combination oven, pressure-cooker, steamer basket, steamer.

Cook vegetables for approximately **3 to 5 minutes** or until they have reached desired texture.

STIR FRY
Wok, large skillet.

Cook vegetables until they have reached desired texture.

* Do not refreeze thawed product. If thawed, cook immediately.



Nutrition Facts	
about 24 servings per container	
Serving size	1/2 cup (85g)
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 210mg	4%

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Kalebanzo blend

Ingredients: Chopped kale, yellow julienne carrots, orange julienne carrots, green garbanzo beans

BENEFITS

- Trendy and healthy choice!
- Rich in vitamin A
- Source of fiber, iron and vitamin C
- Convenient
- Long shelf life
- Ideal as a side dish, in soups, salads or pastas

COOKING INSTRUCTIONS

Start from frozen vegetables and cook to a minimum temperature of 165°F (74°C). Cooking time may vary depending on the type of appliance used. For best results, pierce vegetables with fork to check desired texture.

Recommended cooking method

STEAM
Combination oven, pressure-cooker, steamer basket, steamer.

Cook vegetables for approximately **3 to 5 minutes** or until they have reached desired texture.

STIR FRY
Wok, large skillet.

Cook vegetables until they have reached desired texture.

* Do not refreeze thawed product. If thawed, cook immediately.



TIP

Poke with a fork and blind bake the bottom crusts before adding the pie stuffing

ITALIAN-STYLE VEGETABLE PIE



Preparation time: **30 minutes**
Cooking time: **55 minutes**



Servings: 40

INGREDIENTS

10	Pre-made pie crust, fresh or frozen (8 inch)
4.4 lbs (1 bag)	Arctic Gardens Kalebanzo Blend
4.4 lbs (1 bag)	Arctic Gardens Diced Butternut Squash
1 2/3 tbsp	Garlic, chopped
2 1/2 tsp	Hot red chili pepper flakes
1/2 cup	Extra virgin olive oil
1 tbsp	Sea salt
1/2 tsp	Freshly ground black pepper
8 large eggs	4 egg yolks and 2 whole eggs for the pie filling and 2 egg yolks to baste the pie crusts
2 cups	Parmigiano Reggiano cheese, grated
1 pinch	Ground cinnamon (+/- to taste)
2 pinches	Ground nutmeg (+/- to taste)
3 1/2 cups	Goat cheese, crumbled

DIRECTIONS

1. Preheat oven to 375 °F (190 °C). Prepare all the ingredients.
2. Place the diced squash on a cooking sheet. Season with salt and pepper and mix with olive oil. Bake for 20 minutes. Remove and let stand.
3. Sauté the Kalebanzo blend over medium heat in olive oil with the garlic and red chili pepper flakes. Cover and heat while stirring constantly until the big pieces of kale come apart. Season with salt and pepper. Let cool on a baking sheet.
4. In a food processor, purée the cooked squash. Transfer to a bowl.
5. Whisk the eggs. Transfer them to the bowl and mix well. Add 3/4 of the Parmigiano Reggiano cheese, half of the goat cheese and season with salt, pepper, ground cinnamon and nutmeg. Mix well.
6. Pour the squash blend evenly into the pie crusts. Next, add the Kalebanzo blend and the remaining Parmigiano Reggiano and goat cheese.
7. Cover the pies with the remaining pie crusts and seal the edges. With a fork, cut vents in the top of the pie crusts. Brush the top of your crust with the egg wash to make your pies golden brown.
8. Bake the pies at 350 °F (180 °C) for 40-55 minutes or until the pies are golden brown. Let cool and serve.



Nutrition Facts	
about 24 servings per container	
Serving size	2/3 cup (85g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 290mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fusion blend

Ingredients: Super sweet corn, black beans, edamame

BENEFITS

- Colorful and packed with nutrients!
- Convenient
- Long shelf life
- Delicious in rice and salads

COOKING INSTRUCTIONS

Start from frozen vegetables and cook to a minimum temperature of 165°F (74°C). Cooking time may vary depending on the type of appliance used. For best results, pierce vegetables with fork to check desired texture.

Recommended cooking method

COMBI OVEN
Combi oven: steam and convection cooking in combination mode.

Cook vegetables for approximately **3 to 5 minutes** or until they have reached desired texture.

STIR FRY
Wok, large skillet.

Cook vegetables until they have reached desired texture.

* Do not refreeze thawed product. If thawed, cook immediately.



TIP

This product is great to vary your salsa recipe and bring some additional nutrients!

FUSION SALAD WITH MISO GINGER DRESSING



Preparation time: **30 minutes**
Cooking time: **5 minutes**



Servings: 25

INGREDIENTS

4.4 lbs (1 bag)	Arctic Gardens Fusion Blend
4 cups	Cherry tomatoes, cut in half
4 cups	Red peppers, diced
2 cups	Red onions, diced
1 ½ cup	Fresh parsley, chopped
1 ½ cup	Fresh cilantro, chopped

DRESSING

⅓ cup	Rice vinegar
½ cup	Olive oil
3 tbsp	Sesame oil
1 ½ tbsp	Honey
1 ½ tbsp	Miso paste
1 ½ tbsp	Soya sauce
4 tbsp	Ginger
2 tbsp	Fresh garlic

DIRECTIONS

1. Cook the Fusion Blend according to the cooking instructions on the package. Set aside.
2. In a bowl, add the tomatoes, peppers, onions, parsley, and cilantro.
3. Incorporate to the Fusion Blend.
4. Using a food processor, mix all the dressing ingredients together until the texture is smooth and creamy.
5. Pour the dressing over the vegetables and mix well.
6. Serve immediately or keep refrigerated.



Nutrition Facts	
about 24 servings per container	
Serving size	2/3 cup (85g)
Amount per serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 120mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Riced cauliflower

Ingredients: Cauliflower


BENEFITS

- Source of fiber
- Made with 100% vegetables
- Simple to prepare: save time; already washed and cut
- Versatile
- An excellent substitute for rice and ideal in sauces, pizza dough, couscous, purées and more

COOKING INSTRUCTIONS


Start from frozen vegetables and cook to a minimum temperature of 165°F (74°C). Cooking time may vary depending on the type of appliance used. For best results, pierce vegetables with fork to check desired texture.

Recommended cooking method



STEAM
Combination oven, pressure-cooker, steamer basket, steamer.

Cook vegetables for approximately **2 to 4 minutes** or until they have reached desired texture.



STIR FRY
Wok, large skillet.

Cook vegetables until they have reached desired texture.

* Do not refreeze thawed product. If thawed, cook immediately.



TIP

Cauliflower is a great neutral base. It will absorb the taste of whatever you add to it.

CAULIFLOWER TABBOULEH



Preparation time: **15 minutes**
Cooking time: **10 minutes**



Servings: 25

INGREDIENTS

4.4 lbs (1 bag)	Arctic Gardens Riced cauliflower
4 tbsp	Olive Oil
4 tbsp	Freshly chopped garlic
6 cups	Coarsely chopped curly parsley
2/3 cup	Finely chopped fresh mint
2/3 cup	Chopped green onions
8 cups	Chopped plum tomatoes
1/2 cup	Olive oil
1/2 cup	Lemon juice
1 tbsp	Salt
1 tsp	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. 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.

3. In a large bowl, mix together all ingredients.
4. Serve with pita and plain yogurt.



Rice pilaf

Ingredients: Pre-cooked rice, carrots, peas, red peppers, mushrooms

Nutrition Facts	
about 14 servings per container	
Serving size	1 cup (140g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.6mg	8%
Potassium 110mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

BENEFITS

- Good source of vitamin A
- Convenient
- Long shelf life
- Ideal as a side dish or in a stir fry
- Great alternative to plain rice or potatoes

COOKING INSTRUCTIONS

Start from frozen vegetables and cook to a minimum temperature of 165°F (74°C). Cooking time may vary depending on the type of appliance used. For best results, pierce vegetables with fork to check desired texture.

Recommended cooking method

STEAM
Combination oven, pressure-cooker, steamer basket, steamer.

Cook vegetables for approximately **2 to 4 minutes** or until they have reached desired texture.

STIR FRY
Wok, large skillet.

Cook vegetables until they have reached desired texture.

* Do not refreeze thawed product. If thawed, cook immediately.



Nutrition Facts	
about 24 servings per container	
Serving size	3/4 cup (85g)
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 160mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Mirepoix mix

Ingredients: Carrots, onions, celery

BENEFITS

- Excellent source of vitamin A
- Source of fiber
- Convenient
- Long shelf life
- Ideal as in soups, sauces, quiches or in rice

COOKING INSTRUCTIONS

Start from frozen vegetables and cook to a minimum temperature of 165°F (74°C). Cooking time may vary depending on the type of appliance used. For best results, pierce vegetables with fork to check desired texture.

Recommended cooking method

STEAM
Combination oven, pressure-cooker, steamer basket, steamer.

Cook vegetables for approximately **3 to 5 minutes** or until they have reached desired texture.

STIR FRY
Wok, large skillet.

Cook vegetables until they have reached desired texture.

* Do not refreeze thawed product. If thawed, cook immediately.



Roastable Asparagus & Red Potatoes

Ingredients: Roasted diced red potatoes, bias cut carrots, asparagus cuts and tops, diced red onions, canola oil, spices

Nutrition Facts	
about 24 servings per container	
Serving size	3/4 cup (85g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 230mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.


BENEFITS

- Low in fat
- Source of fiber
- Source of potassium
- Source of vitamin C
- Convenient and ready-to-cook

COOKING INSTRUCTIONS


Start from frozen vegetables and cook to a minimum temperature of 165°F (74°C). Cooking time may vary depending on the type of appliance used. For best results, pierce vegetables with fork to check desired texture.

Recommended cooking method



COMBI OVEN
Combi oven: steam and convection cooking in combination mode.

Cook vegetables for approximately **25 minutes** or until they have reached desired texture.



STIR FRY
Wok, large skillet.

Cook vegetables until they have reached desired texture.

* Do not refreeze thawed product. If thawed, cook immediately.



TIP

This blend is ready-to-cook!
No washing, peeling or
chopping needed. Easy,
versatile and delicious!

SCRAMBLED EGG, POTATO AND ASPARAGUS CASSOLETTE AU GRATIN



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



Servings: 20

INGREDIENTS

CASSOLETTE

4 tbsp	Sunflower oil
9 lbs (2 bags)	Arctic Gardens Roasting Vegetables Asparagus & Red Potato
3 cups	Fresh baby spinach
20 units (2 lbs)	Large calibre eggs
3 1/2 cups	Béchamel sauce
2 cups	White cheddar, grated
1 cup	Green onions, chopped

BECHAMEL

3 cups	2% milk
3 1/2 tbsp	Unsalted butter, melted
5 tbsp	Unbleached all-purpose flour
1/2 tsp	Sea salt
1/4 tsp	Ground nutmeg
1/4 tsp	Onion powder
1/2 tsp	Garlic powder

DIRECTIONS

BECHAMEL

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 blend. 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 blend, 1/4 cup of scrambled eggs, 1/4 cup of Béchamel and 2 cups of cheddar.
5. Set the oven to broil and put cassolettes on the highest grill rack. Broil until golden. Garnish with green onions.



TIP

Don't overcrowd the pan when using frozen vegetables. This will get you a crispier and tastier product!

POTATO, ASPARAGUS AND GRILLED TOFU PIRI PIRI SHEET PAN



Preparation time: **25 minutes**
Cooking time: **40 minutes**



Servings: 25

INGREDIENTS

SHEET PAN

4 tbsp	Sunflower oil
9 lbs (2 bags)	Arctic Gardens Roasting Vegetables Asparagus & Red Potato
4.5 lb	Fine herbs tofu, sliced and cut into triangles
1 cup	Sunflower oil
3 tbsp	Smoked paprika
4 cups	Frozen red peppers, chopped
2 cups	Black olives, drained and sliced
1 bunch	Fresh parsley

PIRI PIRI SAUCE

3 tbsp	Sunflower oil
1 ½ cups	Onions, chopped
1 tbsp	Garlic, chopped
2 ½ cups	Crushed tomatoes
2 cups	Pickled roasted red peppers with their liquid
1 tsp	Sea salt
1 tbsp	Lemon juice
2 tsp	Smoked paprika
3 tsp	Chile sauce
4 tsp	Dried oregano

DIRECTIONS

1. Put all sauce ingredients in a food processor and purée.
2. Pour sauce into saucepan, bring to a boil and cook for 10 minutes. Set aside.
3. Preheat the barbecue to high heat.
4. Mix the smoked paprika with 1 cup of sunflower oil and baste tofu triangles. Grill for 1 minute each side or until golden. Set aside.
5. Preheat the oven to 425 °F (210 °C).
6. Mix together 4 tablespoons of sunflower oil, Arctic Gardens roasting vegetables, chopped red pepper and black olives. Spread onto baking sheet and roast for 20 minutes.
7. Add grilled tofu and continue cooking for 5 minutes.
8. In a serving dish, place 2/3 cup of the Arctic Gardens roasting vegetables, 3 oz of grilled tofu, 2 tablespoons of the Piri Piri sauce. Garnish with chopped parsley.



Our new range of frozen vegetable solutions

PRODUCT	Size	UPC	TI/HL	Case Dimensions (L x W x H)	Case Gross Weight (lbs)	IDEAL FOR				
						Main dish	Salad	Soup	Sauté	Side dish
ARCTIC GARDENS ROMANESCO	6 / 4.4 lb	0 55686 10921 9	10/3	15.5 x 11.625 x 11.5625	28				✓	✓
ARCTIC GARDENS KALEBANZO BLEND	4 / 4.4 lb	0 55686 10914 1	10/5	15.5 x 9.125 x 10.3125	19	✓	✓	✓	✓	✓
ARCTIC GARDENS FUSION BLEND	4 / 4.4 lb	0 55686 90732 7	10/5	15.5 x 9.125 x 8.8125	19		✓	✓	✓	
ARCTIC GARDENS RICED CAULIFLOWER	4 / 4.4 lb	0 55686 10916 5	10/5	15.5 x 11.625 x 7.8125	19	✓	✓	✓	✓	✓
ARCTIC GARDENS RICE PILAF	4 / 4.4 lb	0 55686 10923 3	10/5	15.5 x 9.125 x 8.8125	19	✓	✓		✓	✓
ARCTIC GARDENS MIREPOIX MIX	6 / 4.4 lb	0 55686 10920 2	10/4	15.5 x 11.625 x 10.0625	28			✓	✓	
ARCTIC GARDENS ROASTING VEGETABLES	4 / 4.4 lb	0 55686 11010 9	10/5	15.5 x 11.5 x 7.25	19	✓			✓	✓



Romanesco blend



Kalebanzo blend



Fusion blend



Riced cauliflower



Rice pilaf



Mirepoix mix



Roasting vegetables

For more inspiration and our full product assortment, visit arcticgardensfoodservice.com



**Join us toward
a better future.**

Arctic Gardens.

Contact name :

Phone number:

Email:

arcticgardensfoodservice.com

