# Arctic Gardens:

NEW
PRODUCTS
TO DISCOVER





# 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.





# Romanesco blend

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

Nutrition Fabout 24 servings per con	
	up (85g)
Amount per serving Calories	30
% Г	aily 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 r serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	

#### 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



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



<sup>\*</sup>Do not refreeze thawed product. If thawed, cook immediately.



# Kalebanzo blend

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

<b>Nutrition F</b>	-acts
about 24 servings per c Serving size 1/2	ontainer 2 cup (85g
Amount per serving	
Calories	50
9/	Daily Value
Total Fat 1g	19
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	19
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Suga	rs <b>0</b> %
Protein 2g	
Vitamin D 0mcg	0%
Calcium 60mg	49
Iron 1mg	69
Potassium 210mg	49

### **BENEFITS**

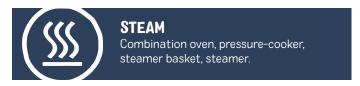
- · Trendy and healthy choice!
- · Rich in vitamin A
- · Source of fiber, iron and vitamin C
- Convenient

- · 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



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



<sup>\*</sup>Do not refreeze thawed product. If thawed, cook immediately.



# ITALIAN-STYLE **VEGETABLE PIE**



Preparation time: 30 minutes Cooking time: 55 minutes



Servings: 40

#### **INGREDIENTS**

Pre-made pie crust, fresh or frozen (8 inch) 10

4.4 lbs (1 bag) Arctic Gardens Kalebanzo Blend

4.4 lbs (1 bag) Arctic Gardens Diced Butternut Squash

12/3 tbsp Garlic, chopped

2 1/2 tsp Hot red chili pepper flakes

Extra virgin olive oil 1/2 cup

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 Ground cinnamon (+/- to taste) 1 pinch

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.
- 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.



# **Fusion blend**

Ingredients: Super sweet corn, black beans, edamame

N. 4. 141	
Nutrition	Facts
about 24 servings per Serving size 2	container /3 cup (85g
Amount per serving	
Calories	90
	% Daily Value
Total Fat 1g	19
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	149
Total Sugars 2g	
Includes 0g Added Sug	gars 0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 290mg	6%

### **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.

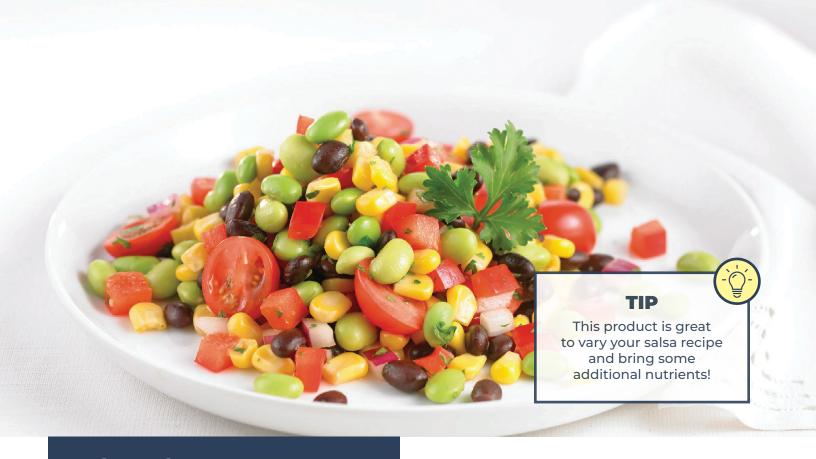
# Recommended cooking method



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



<sup>\*</sup> Do not refreeze thawed product. If thawed, cook immediately.



# 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 ⅓ cup Fresh parsley, chopped
1 ⅓ cup Fresh cilantro, chopped

#### DRESSING

¹/₃ cup Rice vinegar Olive oil ½ cup Sesame oil 3 tbsp 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.



# **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

0%

0%

1%

7%

0%

# **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



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



<sup>\*</sup> Do not refreeze thawed product. If thawed, cook immediately.



# 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 oil1/2 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 Serving size 1	container 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 Sug	ars 0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.6mg	8%
Potassium 110mg	2%

### **BENEFITS**

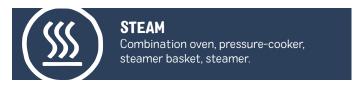
- · Good source of vitamin A
- · Convenient
- · Long shelf life

- · 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



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



<sup>\*</sup>Do not refreeze thawed product. If thawed, cook immediately.



# Mirepoix mix

Ingredients: Carrots, onions, celery

about 24 servings per co	ontainer
	cup (85
Amount per serving	
Calories	2
%	Daily Valu
Total Fat 0g	(
Saturated Fat 0g	(
Trans Fat 0g	
Cholesterol 0mg	(
Sodium 45mg	- 2
Total Carbohydrate 5g	2
Dietary Fiber 2g	7
Total Sugars 3g	
Includes 0g Added Sugar	s (
Protein 1g	
Vitamin D 0mcg	(
Calcium 30mg	2
Iron 0.4mg	2
Potassium 160mg	

# **BENEFITS**

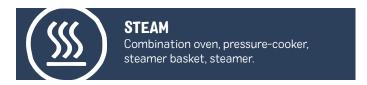
- · Excellent source of vitamin A
- · Source of fiber
- Convenient

- · 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



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



<sup>\*</sup>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 F	
about 24 servings per co Serving size 3/4	ntainer <b>cup (85g</b>
Amount per serving	
Calories	60
% I	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	49
Potassium 230mg	49

#### **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



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



<sup>\*</sup> Do not refreeze thawed product. If thawed, cook immediately.



# 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 cupsFresh baby spinach20 units (2 lbs)Large calibre eggs3 1/2 cupsBéchamel sauce2 cupsWhite cheddar, grated

1 cup Green onions, chopped

#### **BECHAMEL**

3 cups 2% milk

3 1/2 tbsp Unsalted butter, melted5 tbsp Unbleached all-purpose flour

1/2 tsp Sea salt

1/4 tsp Ground nutmeg1/4 tsp Onion powder1/2 tsp Garlic powder

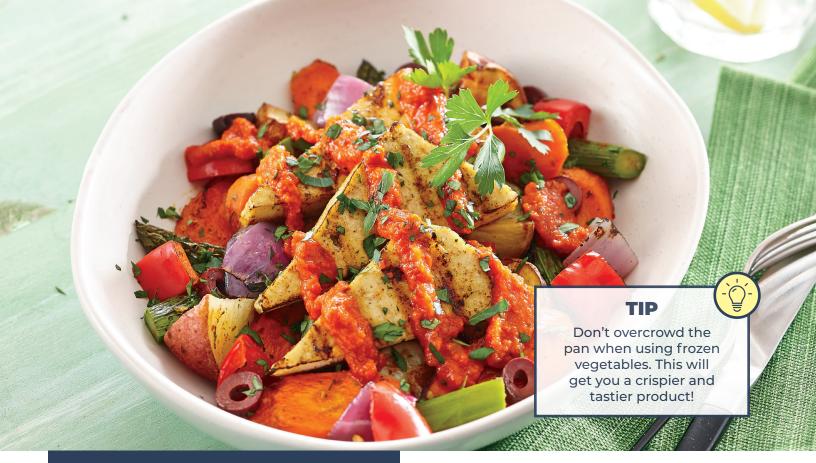
#### **DIRECTIONS**

#### **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.



# 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 oil3 tbsp Smoked paprika

4 cups2 cupsBlack 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 tspSea salt1 tbspLemon juice2 tspSmoked paprika3 tspChile sauce4 tspDried 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

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















Romanesco blend Kalebanzo blend

Riced cauliflower

Mirepoix mix

Roasting vegetables



# Arctic Gardens.

**Contact name:** 

**Phone number:** 

**Email:** 

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