

**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)	
<b>Calories 70</b>	% valeur quotidienne * % Daily Value *
<b>Lipides / Fat 2 g</b>	3 %
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	
<b>Glucides / Carbohydrate 11 g</b>	
Fibres / Fibre 2 g	7 %
Sucres / Sugars 2 g	2 %
<b>Protéines / Protein 2 g</b>	
<b>Cholestérol / Cholesterol 0 mg</b>	
<b>Sodium 180 mg</b>	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



FOR MORE RECIPE INSPIRATION, VISIT [ARCTICGARDENSFOODSERVICE.COM](http://ARCTICGARDENSFOODSERVICE.COM)

# Arctic Gardens®

## DISCOVER THE SIMPLICITY OF OUR ROASTING VEGETABLES BLEND

▶ **Easy to cook**

Ready in 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 increases labor 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

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

#### BÉCHAMEL

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

### DIRECTIONS

#### BÉCHAMEL

- 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

- Preheat oven to 425 °F (210 °C).
- Mix together the sunflower oil and Paco mixture. Put on a baking sheet and roast for 20 minutes. Add spinach and mix.
- Cook scrambled eggs and set aside.
- In a casserole dish, add 1 cup of Paco mixture, ¼ cup of scrambled eggs, ¼ cup of Béchamel and 1 tablespoon of cheddar.
- Set the oven to broil and put cassolettes 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 *
<b>Calories 340</b>	
<b>Lipides / Fat 19 g</b>	25 %
saturés / Saturated 7 g	
+ trans / + Trans 0,2 g	36 %
<b>Glucides / Carbohydrate 27 g</b>	
Fibres / Fibre 4 g	14 %
Sucres / Sugars 3 g	3 %
<b>Protéines / Protein 15 g</b>	
<b>Cholestérol / Cholesterol 205 mg</b>	
<b>Sodium 610 mg</b>	27 %
<b>Potassium 750 mg</b>	16 %
<b>Calcium 250 mg</b>	19 %
<b>Fer / Iron 3 mg</b>	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