



# GET READY TO CREATE SENSATIONAL

**Autumn/Winter 2020**

Plant-based recipes to power up your  
**casual dining restaurant & hotel menus**





# ALWAYS OPEN FOR YOU

We're in unprecedented times. We know that the COVID-19 pandemic has impacted our hospitality industry, our people and our families on an unparalleled scale, but exactly how it will unfold for pubs, casual dining and the industry at large is still to be understood.

During these uncertain times, we continue to be a dependable business partner and make every possible effort to adapt to the evolving situation.

We're working tirelessly to support pubs, casual dining restaurants and hotels as much as we can through insights, support packs, recipe inspirations and chef training videos, so that tomorrow when you bounce back, we bounce back together!

After all, for our partners and for the industry, hospitality is more than just a business. It is **our** business...

For more information on how we can support you, visit  
[www.nestleprofessional.co.uk/alwaysopenforyou](http://www.nestleprofessional.co.uk/alwaysopenforyou)



Serving Suggestion



## REAL CHANGE

Consumer attitudes are set to change even further due to the coronavirus pandemic, and the move to plant-based lifestyles is predicted to accelerate.<sup>1</sup>

### 1 in 5

Brits cut down their meat consumption during the pandemic, with half of those trying vegan meat alternatives saying they'd continue to choose them after lockdown<sup>2</sup>

### 92%

The amount of plant-based meals eaten by non-vegans<sup>3</sup>

### £1.1bn

The predicted value of the plant-based industry by 2024<sup>4</sup>

As normality returns, your customers will be looking for more. A range of plant-based options on the menu will be expected with taste and quality becoming even more non-negotiable than ever.

In line with these customer expectations, we bring to you a recipe playbook from Garden Gourmet® that will inspire you to develop plant-based vegan and vegetarian menus for the 'dark nights' autumn/winter menu cycle.

This playbook is packed with seasonal menu recommendations for Christmas and Veganuary and brings to you new ideas on how to make plant-based dishes an integral part of any celebration.

Sources: 1. WGSN Coronavirus Food & Drink Change Accelerators, April 2020. 2. Attest consumer survey for The Vegan Society - ('Change in behaviour during the COVID-19 pandemic') April 2020. 3. Kantar Worldpanel Usage | 52 w/e 15th July 2018 and 52 w/e 2nd Dec 2018. 4. Power to the plants: the rise of plant-based eating, Mintel, 2019



## OUR BELIEF

Garden Gourmet® was developed based on the belief that the more people embrace a plant-based lifestyle, the better the world will be.

Our range has been developed to make cutting down on meat simple, offering:

**Unbelievable texture**

**Unrivalled flavour**

**Amazing quality and versatility**

**We work closely with leading chefs, food technologists, nutritionists and sustainability experts and believe our plant-based innovation can make the world even more incredible – without compromise.**



## DEVELOPED BY CHEFS

**All our recipes have been created by our in-house chefs to demonstrate and showcase the breadth of Garden Gourmet's versatility.**

We're all about partnerships and you'll often find our chefs working with your teams to ensure you're on trend and winning as a business, with our nutritionists also on hand for support.

With your help we'll deliver customised solutions for you and your business – and together we can create an incredible plant-based future.

**Look out for our chefs' & nutritionists' plant-based hints and tips throughout this book!**

### Nestlé Business Development Chef, Justin Clarke

"I've been involved in Garden Gourmet from the start; seeing it move at an incredible pace with technology changing continuously. Our versatile range of options have been developed by the best R&D specialists in the world and it's amazing to see how a customer's plant-based perceptions change once they taste our products."



### Nestlé Business Development Chef, Darren Chapman

"The world as we know it is changing and so is the food industry. Plant-based food isn't a fad - in my opinion it's now a way of life for us all. I never thought I would change my eating habits, but having worked on Garden Gourmet I would now class myself as a flexitarian and I truly look forward to my meat-free days."



### Nestlé Culinary Business Development Executive, David Wright

"Since I've started cooking with the Garden Gourmet plant-based ingredients, I have been blown away with the versatility, texture and taste that the products offer."



## A FORCE FOR GOOD

Reflecting the growing demand for plant-based meals with nutritional benefits, each of the recipes in this book has been designed by our nutritionists in line with public health guidelines. Including 600kcal or less per portion, 2 of your 5 a day and mostly green and amber front-of-pack nutrition labelling, the recipes reflect our business priority to act as a force for good and support the nation's health and wellbeing.

## YOUR CREATIVITY

The recipes in this book have been selected to demonstrate just a few of the menu possibilities for the colder months using the Garden Gourmet® range.

Prolonged or intermittent social distancing could well be a necessity in the coming months and as your restaurants reopen, you'll need hard-working plant-based options on your menus to meet the growing demand for plant-based dishes.

The versatility of the Garden Gourmet® range means the opportunities for creativity are endless, and the options work across multiple menu categories.

**For further ways on how we can help you make plant-based concepts work even harder for your business, simply get in touch at [learn.more@uk.nestle.com](mailto:learn.more@uk.nestle.com)**





# AUTUMN/WINTER



From comfort food classics to more adventurous winter warmers, keep your customers coming back for more with a range of exciting dishes for the shorter days and longer nights



Of the top ten food trends predicted by business leaders for 2019, 8 out of 10 were linked to health and sustainability, with this predicted to rise further in 2020<sup>5</sup>





# KOREAN-STYLE BURGER



Loaded with authentic Korean flavour, this vegan Korean-Style Burger taps into the fermented vegetable trend with a tangy kimchi topping. Satisfyingly crunchy and quick to make, this dish is sure to be a standout on any menu

**Serves 10**

**Prep Time: 15 Mins**

**Cook Time: 10 Mins**

## Ingredients

- 10 x Garden Gourmet Sensational Burgers, defrosted
- 12g kimchi paste
- 300g white cabbage, finely chopped
- 200g finely grated carrot
- 350g mooli, daikon grated
- 100g finely shredded red onion
- 500g round lettuce leaves, washed
- 200g salad tomatoes, sliced
- 50g light vegan mayonnaise
- 10 x vegan burger buns, split and toasted

## Method

1. Preheat the oven to 190°C
2. Place the defrosted Garden Gourmet Sensational Burgers onto a lined baking sheet and place in the oven for approx. 9 mins
3. Put the veg in a rounded bowl, add the mayo and kimchi paste and combine together. Leave until the burgers are ready
4. When ready take the heel of the burger bun and lay on the washed and dried lettuce leaf along with slices of tomato
5. Top with the cooked burger then pile high with the dressed kimchi slaw before topping with the crown of the vegan bun



Serving Suggestion

Each portion typically contains:				
Energy 1793 kJ 428 kcal	Fat 18.2g	Saturates 4.8g	Sugars 8.1g	Salt 1.69g
21%	26%	24%	9%	28%
of an adult's Reference Intake (RI)* Energy per 100g: 573 kJ / 137 kcal				

**Nestlé Student Nutritionist, Freya Sharpe**  
You can add an extra serving of veg by experimenting with an Asian-inspired side salad





# AFRICAN PEANUT STEW WITH FILLET PIECES



**Serves 10**  
**Prep Time: 15 Mins**  
**Cook Time: 45 Mins**

A delicious African-inspired stew recipe full of texture and flavour for a comforting and filling meal. With a rich peanut and tomato sauce, this stew goes perfectly with a fragrant ginger rice with a touch of chilli

## Ingredients

- 900g Garden Gourmet Fillet Pieces
- 30g vegetable oil
- 500g sweet potatoes, peeled and diced
- 2 x 400g tins black-eyed peas, drained and rinsed
- 1½ fresh red scotch bonnet chillies, deseeded and kept whole (optional)
- 110g tomato purée
- 2 x 400g tins of chopped tomatoes
- 1 litre reduced salt vegetable stock
- 200g peanut butter
- 500g spinach, chopped
- 25g fresh lemon juice
- 60g fresh coriander, roughly chopped
- 5 spring onions, finely chopped
- 2½ fresh red chilli, deseeded and finely sliced

## For the paste:

- 1.25kg onions, peeled and roughly chopped
- 30g garlic, roughly chopped
- 75g fresh ginger, peeled and roughly chopped
- 2½ tsp paprika
- 5 tsp ground coriander
- 2½ tsp ground turmeric
- 5 tsp ground cumin
- 2½ tsp ground fenugreek
- 1 x fresh red scotch bonnet chilli (to taste), deseeded and roughly chopped

## Method

1. Place all the paste ingredients in a food processor and blitz into a coarse paste
2. Heat the vegetable oil in a large, heavy based saucepan. Add the paste and Garden Gourmet Fillet Pieces and sauté over a medium-low heat for 10 minutes, stirring occasionally to make sure the paste doesn't burn
3. Add the black-eyed peas, scotch bonnet chillies and tomato purée and mix. Pour in the tomato sauce, vegetable stock and the peanut butter and stir in well. Cover the pan with a lid and bring to

the boil, then reduce the heat and simmer for 20 minutes, stirring occasionally. After 20 minutes add the sweet potatoes and lid and continue cooking for a further 15 minutes. Add some water to let the consistency down if needed

4. Remove from the heat and stir in the spinach, leaving it to wilt in the pan for 5 minutes. To finish, add the lemon juice, coriander, spring onions and sliced chillies

Each portion typically contains:				
Energy 2039 kJ 488 kcal	Fat 19.3g	Saturates 3.7g	Sugars 20.1g	Salt 1.77g
24%	28%	19%	22%	29%
of an adult's Reference Intake (RI)* Energy per 100g: 383 kJ / 92 kcal				

**Nestlé Business Development Chef, Darren Chapman**  
Try serving this stew with a bowl of ginger brown rice for the perfect accompaniment





# CHILLI, PARSNIP MAC 'N' CHEESE

**Serves 10**  
**Prep time: 15 mins**  
**Cook time: 70 mins**

Served with a charred onion and tomato side salad, this delicious vegan mac 'n' cheese recipe is a great twist on a traditional and much-loved dish. Featuring a chilli kick while seamlessly blending in the sweet and earthy nuttiness of parsnips, this satisfying dish is ready to spruce up your menu

## Ingredients

- 700g Garden Gourmet Mince
- 30g extra virgin olive oil
- 1 fennel bulb, finely chopped
- 1 onion, finely chopped
- 30g garlic, minced
- 4 bay leaves
- 2 tbsp smoked paprika
- 1 tbsp cumin
- 2 x green chillies, chopped
- 350ml water
- 600g Maggi Rich and Rustic Tomato Sauce
- 500g vegan penne pasta
- 20g coriander, chopped

## Spiced Parsnip Sauce

- 50g Vitalite, dairy-free
- 1 onion, finely chopped
- 2 mace blades
- 2 bay leaves
- 6 cloves
- 500ml soya milk
- 150ml Alpro fresh soya cream alternative
- 600g parsnips, peeled and cut into chunks

## For the Crumb Topping

- 2 tbsp olive oil
- 150g vegan bread, roughly blitzed in a food processor

- 50g dairy-free parmesan, finely grated

## Side Salad

- 2 bunches (200g) spring onions, trimmed
- 350g mixed small tomatoes, halved
- 50g watercress, washed

## For the Dressing

- 2 tsp white wine vinegar
- 2 tbsp extra virgin olive oil
- ½ tsp wholegrain or dijon mustard
- Pinch of caster sugar

## Method

1. To cook the mince, heat the oil in a large pan over a medium heat, add the onion, fennel and sauté for 8-10 minutes until softened. Add the garlic and the chilli, bay leaves, cumin, paprika and cook out for a further 2-3 minutes. Then add the mince, tomato sauce and water and simmer for 20 minutes
2. Check consistency, set to one side and stir in the chopped coriander
3. Cook the pasta in a large pan of boiling water according to pack instructions. Drain well, and then set aside. To make the crumb topping, simply mix all the crumb topping ingredients together in a bowl and set to one side
4. To make the spiced parsnip sauce, in a separate saucepan melt the butter alternative, add the onion and cook over a medium heat for 10 minutes until the onion has softened but not coloured. Add the mace, bay leaves and cloves along with the soya milk and Alpro cream. Bring to a gentle simmer, and then add the parsnips. Cook the parsnips covered over a medium heat for 25-30 minutes until the parsnips are tender.

Take off the heat and remove the spices. Blitz the parsnip mixture in a blender until smooth to a consistency of double cream. Let down with some milk if needed and season to taste. Mix the sauce with the cooked penne pasta

5. Heat the oven to 200°C/180°C fan/gas mark 6 then mix the sauce with the penne pasta
6. To assemble, spread the mince mix over the base of the baking dish, flatten down with the back of a spoon, top with the pasta mixture and crumb topping, then bake for 30-40 minutes until golden brown and bubbling
7. To make the side salad, heat a non-stick frying pan until very hot. Cut the spring onions in half lengthways and cook for about 2½ mins each side, cut-side first, until charred and tender then set to one side. In the same pan add the tomatoes, cut-side down, for 30 secs-1 min until just softened and caramelised, then set aside with the onions
8. To make the dressing, put all the ingredients into a bowl and whisk. When ready to serve, pile the watercress, onions and tomatoes onto a platter then drizzle it all over the salad

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
2428 kJ 579 kcal	18.6g	3.3g	13.5g	1.02g
29%	27%	17%	15%	17%
of an adult's Reference Intake (RI)* Energy per 100g: 559 kJ / 133 kcal				





# VEGETARIAN BOLOGNESE



This true Italian classic recipe packs a delicious flavour and a protein punch with none of the meat. Try our Spaghetti Bolognese with a vegetarian spin – and 2 of your 5 a day!

**Serves 10**  
**Prep Time: 20 Mins**  
**Cook Time: 25 Mins**

## Ingredients

- 800g Garden Gourmet Mince
- 3 tbsp olive oil
- 2 onions, finely chopped
- 3 large carrots, finely chopped
- 2 sticks celery, finely chopped
- 5 garlic cloves, finely chopped
- 350g mushrooms, sliced
- 3 tbsp tomato puree
- 600g Maggi Rich and Rustic Tomato Sauce
- 15g Maggi Vegetable Bouillon
- 2tsp fresh oregano, chopped
- 300ml water
- Freshly ground black pepper

## To Serve:

- 800g dried white or whole-wheat pasta
- 80g grated vegetarian or vegan alternative Italian cheese
- Large handful fresh basil leaves, torn

As our mince is vegan, this recipe can be made into a vegan option by simply substituting the spaghetti and cheese with vegan alternatives.

## Method

1. Heat the oil and fry the onion, carrot, celery, garlic and mushrooms for 5-10 minutes until softened. Add the remaining ingredients except the mince and cook for 15-20 minutes until the sauce has thickened
2. Place the pasta in a large pan of boiling water and cook according to the pack instructions. Drain but reserve 3-4 tablespoons of the cooking water
3. Meanwhile stir the frozen mince into the tomato sauce and heat through for 3-4 minutes, adding a little of the pasta cooking water if required
4. Serve the Spaghetti Bolognese topped with the cheese and basil



Serving Suggestion

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
2093 kJ 497 kcal	11.9g	2.8g	14.4g	1.61g
25%	17%	14%	16%	27%
of an adult's Reference Intake (RI)* Energy per 100g: 521 kJ / 124 kcal				

## Nestlé Culinary Business Development Executive, David Wright

If you don't have time to make the sauce from scratch, look out for tomato sauces with added vegetables or add some grated carrot and frozen peas to boost your veggie intake! Make the sauce and add the mince last minute to save time





## AUTUMN INSPIRATION

Take crowd pleasers like these two favourites and power up their potential by swapping the meat for Garden Gourmet plant-based options

### SOY-GLAZED MEATBALLS

Glazed in a sweet and savoury sauce and served with a kimchi slaw salad, the Garden Gourmet Meatballs make a perfect starter or light bite.

### POLLO MILANESE WITH BREADED FILLET

Take this cult classic and give it an alternative spin with mushroom tagliatelle, roasted tomatoes, asparagus and the Garden Gourmet Breaded Fillet. With an irresistibly crunchy crumb, the Breaded Fillet makes the perfect partner for a vegetarian-friendly twist.





# FILLET PIECES, SWEETCORN AND FRESH MOZZARELLA PIZZA



This pizza recipe is full of flavour, and also includes 2 of your 5 a day. Try the great combination of vegetarian fillet pieces, sweetcorn and fresh mozzarella

**Serves 4**

**Prep Time: 10 Mins**

**Cook Time: 15 Mins**

## Ingredients

- 300g Garden Gourmet Fillet Pieces, defrosted
- 1 garlic clove, finely chopped
- 1 tbsp olive oil
- 390g carton chopped tomatoes with basil
- 1 tbsp tomato puree (optional)
- ½ tsp sugar
- Freshly ground black pepper
- 2 large stone-baked pizza bases
- 100g sweetcorn canned in spring water
- 250g half-fat mozzarella cheese
- Handful fresh basil leaves

## To Serve:

- 250g bag sweet leaf salad leaves
- Half cucumber, sliced
- 1 stick celery
- 20g cress
- 1 gala apple
- 1 carrot
- Juice of 1 lemon

## Method

1. Preheat the oven to 200°C (180°C for fan ovens) or gas mark 6
2. Gently fry the garlic in the olive oil until pale golden, add the chopped tomatoes, sugar and tomato puree and simmer for 5 minutes until thickened
3. Divide the sauce between the bases and spread out. Top with the sweetcorn, mozzarella and finally the fillet pieces
4. Place the pizzas directly onto the oven shelves and bake for 10-12 minutes until golden and crispy
5. For the side salad, slice the cucumber, celery, apples and carrot, then toss with the cress and salad leaves and the juice of a lemon
6. Scatter the basil leaves onto the top of the pizzas and serve with the side salad

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
2454 kJ 585 kcal	18.0g	5.9g	19.3g	1.73g
29%	26%	30%	21%	29%
of an adult's Reference Intake (RI)* Energy per 100g: 397 kJ / 95 kcal				



Serving Suggestion



**Nestlé Business Development Chef, Darren Chapman** Try adding some BBQ sauce to the fillet pieces or red pesto for an authentic taste. Vegan pizza bases and cheese make this a dish that can be easily adapted to be vegan and can be made and cooked from frozen



## MEATLESS MEATBALL PIZZA

Take pizza to a new level with the Garden Gourmet Vegan Meatballs. Perfect as a topping option to drive spend-per-head or for unique pizza flavour creations like Double Cheeseburger, your customers will be in for a treat





# KATSU CURRY BURGER WITH GARLIC POTATOES



Serving Suggestion

**Serves 10**  
**Prep Time: 20 Mins**  
**Cook Time: 35 Mins**

## Ingredients

- 10 x Garden Gourmet Breaded Fillets
- 10 x seeded burger buns
- 300g iceberg lettuce, washed and sliced
- 5 x tomatoes, sliced (2 x slices per portion)

### Katsu Slaw

- 90g light ketchup
- 1 tsp toasted sesame oil
- 1½ tsp low salt, light soy sauce
- 1½ tbsp Worcestershire sauce
- 1 tsp runny honey
- 1 x lime, squeezed
- 1½ tsp English mustard
- 4 tsp medium curry powder
- 110g light mayonnaise
- 500g green cabbage, finely shredded
- 400g daikon, peeled and shredded
- 150g spring onions, washed and shredded

### Garlic Potatoes

- 2 tbsp extra virgin olive oil
- 1.1kg kipfler (waxy) potatoes, scrubbed and quartered
- 10 garlic cloves
- Cracked black pepper

This light and fresh vegetarian katsu curry burger is the perfect dish for the summer months. Featuring delicious Garden Gourmet Breaded Fillets paired with a katsu slaw and garlic potatoes, add this option to your vegetarian menu for a finger-licking feast

## Method

1. To cook the garlic potatoes, preheat the oven to 220°C (425°F). Place the oil, potato, whole garlic cloves and pepper in a large deep-sided roasting tray and toss to combine. Cook for 15 minutes, (halfway), then cook for a further 15 minutes or until golden
2. For the katsu slaw, combine all ingredients apart from the cabbage, daikon and spring onions together in a bowl and stir until smooth. Then add the cabbage, daikon and spring onions and mix to combine
3. To cook the Garden Gourmet Breaded Fillet, place on a lined baking tray with greaseproof paper and bake in a preheated oven to 200°C (Fan 180°C) or Gas mark 6, for:
  - a. Defrosted: 5-6 minutes
  - b. Frozen: 8-10 minutes
4. To assemble the burgers, split and toast the buns, then divide the slaw between the base of the bun halves and top with the Breaded Fillets, sliced tomatoes and a layer of lettuce and serve with the garlic potatoes

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
2467 kJ 588 kcal	19.0g	2.7g	12.8g	2.10g
29%	27%	14%	14%	35%
of an adult's Reference Intake (RI)* Energy per 100g: 548 kJ / 130 kcal				

**Nestlé Nutrition Manager, Anna Collins**  
For a healthier alternative, swap the garlic potatoes for an Asian-inspired side salad







## WRAP WITH FILLET PIECES

Liven up lunchtime with this tasty vegan tortilla wrap full of bold flavours and sumptuous textures. This vegan dish makes a perfect on-the-go option or dine-in treat

**Serves 10**  
**Prep Time: 10 Mins**  
**Cook Time: 15 Mins**

### Ingredients

- 800g Garden Gourmet Fillet Pieces
- 10 x tortilla wraps
- 480g courgettes
- 720g aubergines
- 680g tomatoes
- 800g romaine lettuce
- 100ml olive oil
- 400g crushed garlic
- 30g thyme
- 150g vegan light mayonnaise
- 20ml lemon juice

### Method

1. Slice the courgettes and aubergines into slices, put on a baking tray with olive oil, garlic and thyme and bake for 10 minutes at 170° in the oven
2. Slice the leaves out of the romaine lettuce and cut the slices of tomatoes
3. Mix the mayonnaise with the lemon juice and add some water to adjust the texture
4. Put the tortilla flat on a cutting board, spread the sauce on top and add the salad, the grilled vegetables and the vegan fillet pieces
5. Roll into a wrap, cut in half and serve

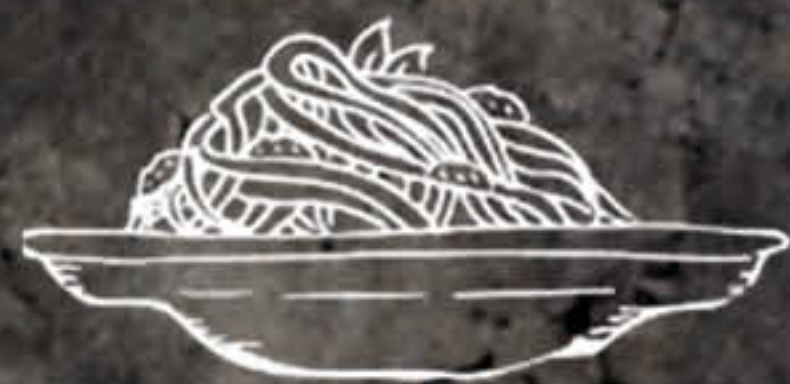
Each portion typically contains:				
Energy 1895 kJ 454 kcal	Fat 20.5g	Saturates 3.0g	Sugars 7.7g	Salt 1.09g
23%	29%	15%	9%	18%
of an adult's Reference Intake (RI)* Energy per 100g: 414 kJ / 99 kcal				

**Nestlé Nutrition Manager, Anna Collins**

Why not offer a choice of wholemeal wrap with this dish? Wholemeal options can provide extra fibre







# KOREAN MINCE BOWL WITH STIR-FRIED ASIAN GREENS



Use Chinese pancakes with this vegan Korean recipe to change to a hand-held sharing dish

**Serves 10**  
**Prep Time: 15 Mins**  
**Cook Time: 15 Mins**

## Ingredients

- 800g Garden Gourmet Mince
- 3½ tbsp agave nectar
- 3½ tbsp dark brown sugar
- 3½ tsp sesame oil
- 3½ tsp fresh lime juice
- 50g light, reduced salt soy sauce
- 5 tbsp water
- 200g spring onions, washed and thinly sliced
- 20g garlic, minced
- 20g ginger, peeled and grated
- 450g uncooked basmati rice

## Garnish

- 5 x spring onions, washed and thinly sliced into scallions
- 100g unsalted peanuts, chopped
- 10g sesame seeds
- 30g sriracha
- 20g coriander leaves
- 2 x red chillies, sliced

## Stir-Fried Asian Greens

- 2 tbsp sesame oil
- 6 cloves garlic, sliced
- 5g piece ginger, peeled and shredded
- 2 long red chillies, sliced

- 6 baby bok choy, halved
- 600g choy sum, chopped
- 300g green beans, trimmed and sliced
- 50g hoisin sauce
- 15g low salt, light soy sauce
- 40g coriander
- 5 spring onions, washed and cut into thinly sliced scallions

## Method

1. For the Korean mince, first whisk together agave nectar, brown sugar, sesame oil, lime juice, soy sauce and water in a mixing bowl and set to one side
2. In a large pan, heat the sesame oil over a medium heat and add the garlic and ginger. Sauté for 2-3 minutes then add the Garden Gourmet Mince and agave nectar and fry for 6-8 minutes. Then take off the heat and allow to cool. Once cooled add the sliced spring onions
3. Cook the rice according to the pack instructions and set to one side, keeping warm
4. For the Asian greens heat the oil in a large wok over a high heat, add the garlic, ginger, chilli and cook for 1 minute or until crispy. Remove the garlic mixture from the oil and set aside. Add the bok choy, choy sum and beans to the wok and cook, stirring, for 3-4 minutes. Add the hoisin sauce and soy sauce and cook, stirring, for a further 1-2 minutes or until the greens are tender and then place in a large serving dish. Top the Asian greens with the crispy garlic mixture and spring onion scallions
5. To serve, divide the warm rice into 10 bowls then add the mince into each bowl
6. Garnish each bowl with spring onions, peanuts, sesame seeds, sliced chilli and coriander and drizzle with hot sriracha sauce

**Nestlé Business Development Chef, Justin Clarke**

The Garden Gourmet Mince contains less fat and doesn't lose volume during cooking unlike normal meat-based mince



Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1972 kJ 458 kcal	11.8g	1.9g	14.7g	1.79g
23%	17%	10%	16%	30%
of an adult's Reference Intake (RI)* Energy per 100g: 486 kJ / 116 kcal				





# THE ULTIMATE SENSATIONAL BURGER WITH CLASSIC SLAW



A juicy blend of flavour and texture, this vegan burger recipe will satisfy the most avid meat lover with a taste and look that barely differs from beef. Paired with the satisfying crunch of classic slaw, with this vegan burger recipe, you've got a winner



**Serves 10**

**Prep Time: 15 Mins**

**Cook Time: 8 Mins**

## Ingredients

- 10 x Garden Gourmet Sensational Burgers
- 10 x white vegan burger buns
- 100g low-fat vegan mayonnaise
- 50g reduced-salt tomato sauce
- 50g American mustard
- 4 large dill pickles, sliced
- 5 ripe tomatoes, sliced (2 slices per portion)
- 10 cos (romaine) lettuce leaves, washed
- 2 tsp olive oil

- 5 x onions, peeled and thinly sliced
- Cracked black pepper

## Classic Slaw

- 500g savoy cabbage, thinly sliced
- 2 carrots, peeled and shredded
- 3 stalks celery, trimmed and thinly sliced
- 2 spring onions, thinly sliced
- 1 white onion, thinly sliced
- 25g low fat vegan mayonnaise
- 50g low fat yoghurt
- Cracked black pepper

## Method

1. Mix the mayonnaise, yoghurt and some black pepper in a large bowl and whisk to combine
2. Add the cabbage, carrot, celery, green and onion and toss to combine, then transfer the slaw to a serving dish
3. For the caramelised onions, heat 1 tsp of olive oil in a frying pan, add the onions and cook over a medium heat, stirring until caramelised. As soon as the onions are cooked, season with freshly ground black pepper and set to one side
4. To cook the burgers in a non-stick frying pan, add 1 tsp olive oil over a moderate heat for:
  - a. Defrosted: 4-7 minutes
  - b. Frozen: 6-8 minutes
 Turn frequently
5. Toast the buns on both sides and then top each of the bases with half of the mayonnaise. Divide the rest of the mayonnaise with the burger lids along with the tomato sauce and mustard
6. To assemble starting from the base, add the lettuce, followed by the burger, fried onions, two slices of tomato and the sliced dill pickle and sandwich with the tops of the buns

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1942 kJ 464 kcal	18.6g	4.9g	11.6g	2.30g
23%	27%	25%	13%	38%
of an adult's Reference Intake (RI)* Energy per 100g: 523 kJ / 125 kcal				

**Nestlé Business Development Chef, Darren Chapman**

Why not try adding a slice of Cheddar cheese and serve hand-cut chips with smoked paprika. This raw-to-cook product can be cooked in pretty much every way possible





# VEGANUARY

New Year,  
New Year's resolution...

Make it your customers' resolution  
to regularly revisit by showing  
them just some of the amazing  
plant-based dishes on offer to  
start their new year in style



400,000 people signed up for Veganuary in 2020, with over 500 businesses taking part<sup>6</sup> and popularity set to increase for 2021





# PORTUGUESE-STYLE BURRITO BOWL WITH FILLET PIECES



**Serves 10**

**Prep Time: 2-12 Hrs**  
depending on the time available  
to marinade

**Cook Time: 15 Mins**



Serving Suggestion

With heaps of flavour and texture, this Portuguese-inspired vegan burrito bowl tastes as good as it looks. Perfect for a lunchtime treat on a summer's day or an al-fresco evening meal, this vibrant recipe is quick to make and is wonderfully versatile

## Ingredients

- 2 x large romaine lettuces, washed cut into half, shredded
- 500g sweetcorn
- 480g black beans, (2 x cans drained and washed)
- 10 x ripe tomatoes, cut into quarters
- 2 x red onions, peeled and finely diced
- 3 x avocados, seeded and sliced

### For the Rice

- 600g cooked long grain rice
- 50g coriander, finely chopped
- 8 x spring onions, washed and finely sliced
- ¼ tsp chilli flakes
- 2 x limes, squeezed

### For the Fillet Pieces and Peppers

- 900g Garden Gourmet Fillet Pieces
- 2 tbsp smoked paprika
- 2 tsp cayenne pepper
- 2 tsp ground cumin
- 2 tbsp fresh oregano leaves, chopped
- 3 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- 1 tsp brown sugar
- Cracked black pepper
- 5 garlic cloves, crushed
- 2 x red peppers, deseeded and sliced
- 2 x yellow peppers, deseeded and sliced
- 3 x limes, squeezed

### Dressing

- 4 tbsp olive oil
- 3 x limes, squeezed
- 20g coriander, finely chopped
- 2 cloves garlic, crushed
- 1 tsp brown sugar
- ½ tsp ground cumin
- 1 tsp red chilli flakes

### Garnish

- 2 x limes cut into segments
- Small bunch of coriander
- 2 x green chillies, sliced

## Method

1. For the marinade, combine all the ingredients apart from the fillet pieces and peppers and mix well. Add the fillet pieces and marinate overnight or for as long as possible
2. Heat a large pan on medium-high heat, add the marinated fillet pieces and stir until golden/charred around the edges (about 8 minutes). Transfer to a clean container and allow to cool
3. Add the peppers to the same pan (drizzle a little extra oil only if needed), cook until soft and slightly charred and transfer to a clean container and cool
4. In a large bowl add the cooked rice, lime juice, coriander, chilli flakes and spring onions. Season with cracked black pepper to taste and mix well
5. For the dressing, whisk the dressing ingredients together to combine
6. To assemble, combine the lettuce, beans, corn, tomatoes, onion and peppers into 10 bowls. Add the marinated fillet pieces and arrange into bowls. Top each with avocado slices and drizzle with dressing. Garnish with lime segments, sliced chilli and coriander

**Nestlé Culinary Business Development  
Executive, David Wright**

Roll the vegan burrito bowl ingredients inside a wholemeal flour tortilla and bake in the oven for 10 mins for an on-the-go meal



Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
2194 kJ 524 kcal	19.6g	3.2g	15.0g	0.83g
26%	28%	16%	17%	14%

of an adult's Reference Intake (RI)\*  
Energy per 100g: 418 kJ / 100 kcal





# AROMATIC PHO NOODLE SOUP WITH VEGAN FILLET PIECES

**Serves 10**  
**Prep Time: 15 Mins**  
**Cook Time: 5 Mins**

Our pho noodle soup recipe puts a delicious vegan twist on the classic Asian dish. Find out how to add the perfect blend of spices with this quick recipe

## Ingredients

- 750g Garden Gourmet Fillet Pieces, defrosted
- 50ml CHEF Asian concentrate
- 50ml CHEF vegetable concentrate
- 2 tbsp ginger, cut into matchsticks
- 2 garlic clove, peeled and finely sliced
- 4 star anise
- 500g bok choy (trim and discard the bottom and slice lengthways)
- 300g carrots, cut into fine matchsticks
- 300g baby corn, sliced
- 300g mange tout, sliced
- 200g spring onions, shredded
- 750g dry flat rice noodles
- Juice of 2 limes
- 10g fresh coriander, chopped
- 2 finely sliced red chillies

## Method

1. Heat 2 litres water in a pan and add the Garden Gourmet Fillet Pieces, Asian concentrate and vegetable concentrate, ginger, garlic and star anise
2. Simmer for 15 to 20 minutes and check the Fillet Pieces are tender
3. Drain the Fillet Pieces with a colander, making sure to reserve the broth. Set the Fillet Pieces to one side, add the broth back to the pan and bring to a gentle simmer

Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
1760 kJ 416 kcal	3.4g	0.3g	6.3g	2.27g
21%	5%	2%	7%	45%

of an adult's Reference Intake (RI)\*  
Energy per 100g: 237 kJ / 56 kcal

**Nestlé Business Development Chef, Justin Clarke**

Always finely slice the vegetables so they soften in the hot broth and remember, by using egg noodles this recipe will no longer be a vegan option







Serving Suggestion

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1179 kJ 282 kcal	12.7g	5.3g	8.4g	1.12g
14%	18%	27%	9%	19%
of an adult's Reference Intake (RI)* Energy per 100g: 567 kJ / 136 kcal				



# VEGETARIAN FRUITY CHILLI TACOS

**Serves 10**

**Prep Time: 20 Mins**

**Cook Time: 30 Mins**

Mexican tacos are a popular dish either served as a hand-held meal on-the-go or as a sit-down main. This recipe is packed full of flavour, with the fruit complementing the spices for a dish the whole family will enjoy

## Ingredients

### For The Salsa

- ½ red onion, finely diced
- ½ green bell pepper, finely diced
- ½ red bell pepper, finely diced
- 50g cucumber, peeled, cored and finely diced
- 10g fresh coriander, chopped
- 200g MAGGI® Rich & Rustic Tomato Sauce
- ½ lime, juiced

### For the Chilli and Tacos

- **600g Garden Gourmet Mince**
- 1 tbsp vegetable oil
- 1 medium onion, diced

- 2 cloves garlic, crushed
- ½ green chilli, deseeded and finely chopped
- 50g red lentils
- 300g MAGGI® Rich & Rustic Tomato Sauce
- 1 small apple, peeled chopped
- 1 pear, peeled and chopped
- 200g drained sweetcorn
- 1 tsp cumin
- 1 tsp smoked paprika
- 10 taco shells
- 100g iceberg lettuce, shredded
- 50g low fat sour cream
- 150g mature Cheddar cheese

## Method

1. Begin by preparing the salsa. Combine all ingredients in a mixing bowl and cover with cling film. The flavours will develop and deepen while the chilli for the tacos is cooking
2. Heat the oil in a large saucepan and add the onion. Cook for five minutes until soft and golden
3. Add the garlic and chilli and cook for a further five minutes, then stir in the Garden Gourmet Mince and lentils and allow to cook for five minutes
4. Add the MAGGI Rich and Rustic, drained sweetcorn, apple and pear and simmer for 45 minutes, adding a little water if required. Once tender add the cumin and smoked paprika
5. To serve, warm the taco shells for two minutes in a pre-heated oven
6. Divide the shredded lettuce among the shells then fill with the chilli
7. Top with the tomato salsa, a teaspoon of sour cream and a sprinkle of grated Cheddar cheese.

**Nestlé Student Nutritionist,  
Freya Sharpe**

Adding fruit to tacos is the new 'pineapple on pizza'. It's a great and tasty way to help achieve your 5 a day





## VEGANUARY INSPIRATION

Take Italian-inspired dishes like these two classics and discover how delicious they can be with the addition of the Garden Gourmet Fillet Pieces and Vegan Meatballs

### WILD MUSHROOM & FILLET PIECES RISOTTO

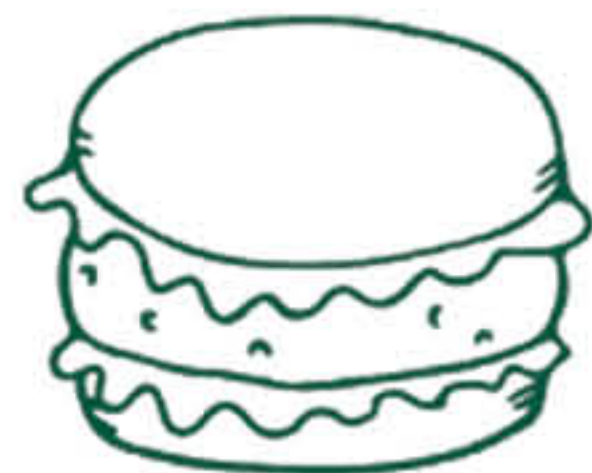
An ideal choice for vegans and meat-eaters alike, a comforting risotto like this works well with the earthy flavours of the mushrooms combined with the Fillet Pieces and creamy risotto texture.

### MEATLESS MEATBALL PASTA

A favourite for all ages, Spaghetti and Meatballs is a perfect, wholesome winter warmer and always delivers on flavour. Garden Gourmet Vegan Meatballs offer a great meat swap-out option with an unbelievable texture and incredible taste.

Meatless Meatball Pasta with Garden Gourmet Vegan Meatballs





# THE SENSATIONAL GREEN BURGER WITH WATERCRESS MAYO AND SALSA VERDI



Soya and wheat protein combined with plant extracts such as beetroot, carrot, and bell pepper make these vegan patties the star of the show in any burger. This tasty green burger recipe includes watercress mayo and salsa verdi for a colourful, delicious treat.

## Ingredients

- 10 x Garden Gourmet Sensational Burgers
- 10 x white vegan burger buns
- 2 x large gherkins, sliced
- 5 ripe tomatoes, sliced (2 slices per portion)
- 100g rocket, washed
- 200 x lolo verdi leaves, washed
- 300g red onions, peeled and thinly sliced
- 1 tsp extra virgin olive oil

## Watercress Mayonnaise

- 200g fresh watercress, washed
- 150g low fat vegan mayonnaise

## Salsa Verdi

- 5 x ripe beef tomatoes
- 1 x onion, peeled and chopped
- 4 x garlic cloves, peeled
- 100g coriander
- 1 tbsp fresh lime juice
- 1 tsp extra virgin olive oil

## Method

1. To make the salsa verdi, cut the tomatoes in half, then put them on a baking tray with the oil and mix together. Bake in a pre-heated oven at 180°C for 5-7 minutes and allow to cool. Once the tomatoes are cool, put everything in the blender and blend until the required texture is achieved
2. For the onions, add the oil to a medium frying pan along with the onions and cracked black pepper and then sauté over a medium heat, stirring occasionally. Once caramelised, set to one side
3. To make the watercress mayonnaise, take half the watercress and, discarding any thick stalks, chop finely then mix with the mayonnaise in a small bowl
4. To cook the burgers in a non-stick frying pan, add 2 tsp oil over a moderate heat for:
  - a. Defrosted: 4-7 minutes
  - b. Frozen: 6-8 minutes, turning frequently
5. Toast the burger buns on both sides and then top each of the bases with half of the watercress mayonnaise. Divide the rest of the mayonnaise over the burger lids
6. To assemble starting from the base, add the lolo verdi lettuce followed by the burger, fried onions, two slices of tomato, dill pickle, the rocket and finally a drizzle of salsa verdi. Sandwich with the tops of the buns

Each portion typically contains:				
Energy 2021 kJ 483 kcal	Fat 20.3g	Saturates 5.3g	Sugars 11.9g	Salt 1.95g
24%	29%	27%	13%	33%
of an adult's Reference Intake (RI)* Energy per 100g: 469 kJ / 112 kcal				

Serves 10  
Prep Time: 20 Mins  
Cook Time: 8 Mins



Serving Suggestion

**Nestlé Business Development Chef, Darren Chapman**  
Try serving this green burger with baked sweet potato skin-on wedges, seasoned with lemon, thyme, garlic and black pepper

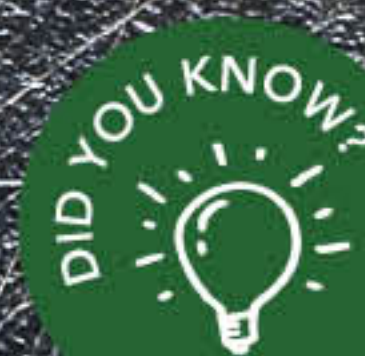




# CHRISTMAS

'Tis the season to make new traditions! While set menus and turkey dinners will be synonymous with Christmas for some, others will be looking to treat themselves and try something different.

These Christmas menu ideas for inspiration show that plant-based dishes can still be deliciously indulgent!



86% of vegan consumers believe it's important that there's a specially created vegan dish on the menu, rather than something that has been adapted from a non-vegan dish<sup>7</sup>, and at Christmas something special is expected more than ever to appeal to everyone in the party





Pies are a staple on every festive menu. Whether deep-filled, encased in pastry or topped with a puff lid, these inspirational pie ideas show how winter classics can easily be adapted with our plant-based protein options

## SENSATIONAL BURGER WELLINGTON

A crowd-pleasing centre piece, a traditional beef wellington can be easily adapted to become plant-based with the vegan Garden Gourmet Sensational Burger. Simple to reshape from defrosted, the Sensational Burger makes a great beef alternative, while a mushroom duxelle and vegan puff pastry will finish off this showstopper.

## WILD MUSHROOM, CHESTNUT & MINCE GALETTE

With a creamy sauce and flaky puff pastry galette, this would make a great lighter lunch option with the woody flavour of the wild mushrooms combined with the Garden Gourmet Mince and chestnuts.

## VEGAN MINCE-STYLE HAGGIS WITH A WHISKEY JUS

A vegan haggis-style dish is perfect for vegans or vegetarians looking to celebrate Burns Night in style. Add lentils, carrots, onions, mushrooms and seasoning, serve with neeps and tatties and finish with a whiskey jus.



## MINCE WELLINGTON

Celebrate the season with this comforting pie using the Garden Gourmet Mince and sweet potato. Perfect for the colder nights, this dish has a real home-cooked feel.

### Nestlé Business Development Chef, Justin Clarke

The Garden Gourmet range has a place in every menu for every channel and in every season. Our dedicated specialist team of Development Chefs, Nutritionists and Marketers are here to support your menu innovation across all cuisine types







Winter-warming dishes never tasted so good. Take a range of classic favourites and give them a plant-based twist with these crowd-pleasing inspiration ideas

## FESTIVE BURGER

Nothing says Christmas like a burger with Brie, bacon and cranberry, but this year why not give people looking to cut down on meat intake their own taste of indulgence with a plant-based alternative? Use the Garden Gourmet Vegan Sensational Burger with vegan blue cheese, cranberries and cashew nuts for a juicy taste and unbelievable flavour.

## 3 WAYS WITH THE GARDEN GOURMET BREADED FILLET

Incredibly versatile, the Garden Gourmet Breaded Fillet works in multiple ways. Why not try with a cheesy mash and piccalilli for a tangy kick, with pickled red cabbage, sultana slaw and waffle fries for something different, or seasoned with onions and garlic and accompanied by a maple, cinnamon and apple chutney?

## FILLET PIECES & WILD MUSHROOM CARBONARA

For the perfect combination of autumnal Italian flavours, the Garden Gourmet Fillet Pieces work perfectly in a creamy carbonara with wild mushrooms for a simple to prepare, delicious dish.

## PUMPKIN CURRY

Delicious with the Garden Gourmet Fillet Pieces, a pumpkin curry packs an amazing flavour and works perfectly with brown rice and roasted cauliflower.

## FLAT IRON STEAK

Classic steak and chips gets a unique upgrade with the Garden Gourmet Vegan Sensational Burger. Easy to reshape once defrosted and with an incredible meaty taste and texture, give your vegan customers a mouth-watering dish to remember this Christmas.



Serving Suggestion



Whether your customers are looking for a quick bite to eat or just a taste of Christmas with something smaller, these recipe inspiration ideas have been included to work from daytime through to night. All recipes on the following pages can be further developed for your business on request

## 4 WAYS WITH THE GARDEN GOURMET VEGAN MEATBALLS

Incredibly versatile and easy to prepare, the Garden Gourmet Meatballs work in multiple dishes. Why not try a teriyaki spin with oriental spiced roasted root veg and garlic rice, or a sweet and sour twist with cranberry and warm breads? The meatballs also work perfectly with orange and cinnamon on a polenta base, or on a festive-shaped pizza base for an eye-catching Christmas menu option.

## MOROCCAN TAGINE

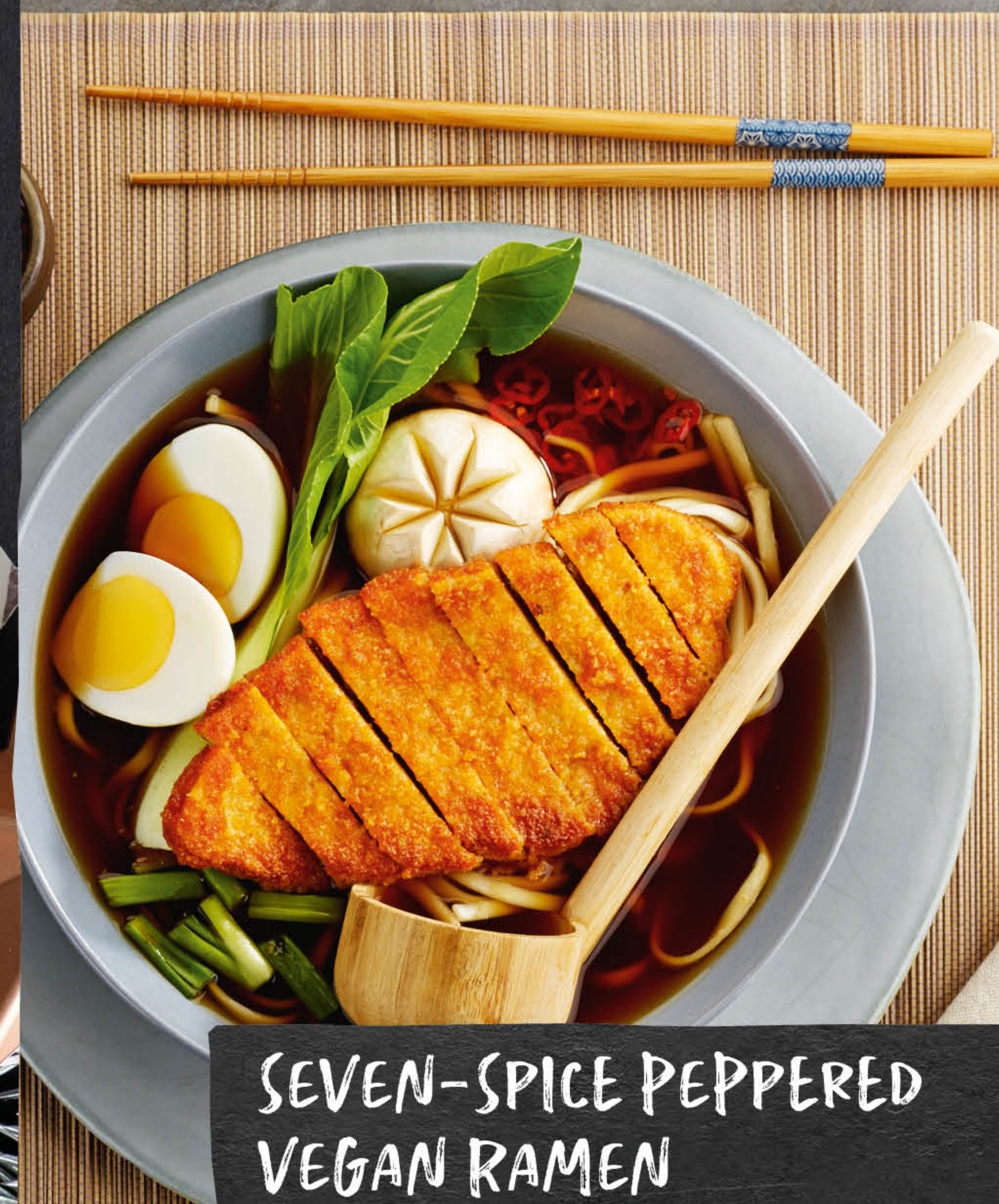
With aromatic spices, sweet apricots and the Garden Gourmet Fillet Pieces, this dish takes inspiration from North African flavours and works well with a cous cous salad on the side.

## VEGAN SAUSAGE ROLL

With light and crisp puff pastry and the irresistible reshaped Garden Gourmet Sensational Burger filling, vegan sausage rolls make an ideal snack or starter option - guaranteed to be a crowd-pleaser and served with cranberry chutney for dipping.

## VEGAN KOFTAS

Reshape the Garden Gourmet Sensational Burger for a simple twist on a Turkish favourite and serve with romanesco and garlic yoghurt.



## SEVEN-SPICE PEPPERED VEGAN RAMEN

Packed with roasted vegetables, a Japanese seven-spice blend and the Garden Gourmet Fillet Pieces, with vegan noodles this makes a perfect winter-warming option. The Breaded Fillet also works perfectly with a sweet and fruity sauce, mooli and crisp salad as a Tonkatsu breaded pork replacement.





# ONE SENSATIONAL PARTNERSHIP

It's an exciting time to be working in such a dynamic and continuously growing category.

Let us inspire and support you with consumer-led insights and market trends and help ensure the whole business understands the scale of the opportunity. Our world-class product development and innovation pipeline means our range is continuously evolving.

Ultimately, our aim is to inspire your growth through winning recipes and menu ideas for autumn/winter and beyond.

**Make one change and experience endless possibilities.**



# DISCOVER THE RANGE

From classic favourites to more adventurous creations, the Garden Gourmet options have been designed to inspire.

The recipes in this book have been created using a selection of our plant-based options but we have an ever-evolving range available to view on our website.



**Garden Gourmet  
Sensational Burger**

- A meat-free burger that looks, cooks and smells incredible. With a taste this juicy, you won't believe it's vegan!
- A frozen product – ready to use from frozen or defrost
- Supplied as 7kg (each 2kg contains approximately 62 x 113g plant-based burgers)



**Garden Gourmet  
Mince**

- Incredibly versatile and easy to prepare, the Mince is perfect for vegan-friendly creations
- A frozen product – ready to use after heating
- Supplied as 2x2kg (each 2kg contains approximately 26 servings of 75g)



**Garden Gourmet  
Fillet Pieces**

- Suitable for vegans and with the unique look and texture of chicken, the Fillet Pieces offer amazing versatility for a wide range of dishes
- A frozen product – ready to use from frozen or defrost
- Supplied as 2x2kg (each 2kg contains approximately 26 servings of 75g)



**Garden Gourmet  
Breaded Fillet**

- With a delicious crispy crumb, the Breaded Fillet has a great bite and amazing texture
- A frozen product – ready to use from frozen or defrost
- Supplied as 2x2kg (approximately 44 fillets in total with each 2kg bag containing approximately 22 fillets)



**Garden Gourmet  
Vegan Meatballs**

- The perfect meat swap-out, these quick and easy to use meatless meatballs work well in everything from pasta dishes to sub rolls





To discover more about why Garden Gourmet is the perfect plant-based partner for your business, get in touch::

[learn.more@uk.nestle.com](mailto:learn.more@uk.nestle.com)

[www.nestleprofessional.co.uk/gardengourmet](http://www.nestleprofessional.co.uk/gardengourmet)

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