



WELCOME YOUR CUSTOMERS  
BACK WITH SOMETHING  
**SENSATIONAL**



**TASTY, VERSATILE PLANT-BASED RECIPES FOR  
NOW AND INTO THE FUTURE**



# ALWAYS OPEN FOR YOU

After months of working remotely due to the COVID-19 pandemic, businesses are preparing to open their doors again to staff and employees. Foodservice operators are rearranging cafes and marketplaces to conform with social distancing and sanitation protocols whilst also seeking to provide a great food experience.

The workplace of the future will be significantly different from that of the past, with the workforce requiring additional reassurance and trust becoming even more important than ever. As employees return to work in a phased manner and numbers ramp up over time, foodservice operators have to be smart about numbers, ease of food preparation and delivery. Pre-orders and click and collects could soon become the norm.

During these uncertain times, we've continued to be a dependable business partner and plan to continue to make every possible effort to adapt to the ever-changing situation.

We're working tirelessly to support workplaces as much as we can through insights, recipe inspiration and chef training videos. We're always open for you, here to support your business both now and into the future.

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



Serving Suggestion



## DRIVING REAL CHANGE

Workplace caterers have been aware of the rise in plant-based eating for quite some time now but the COVID-19 pandemic has made people even more aware and conscious about the link between food, nutrition and overall health.<sup>1</sup> It is predicted that plant-based eating will be on a steady rise post the pandemic.

### 50%

The number of consumers aged 18-34 who want the ability to substitute animal protein with plant-based alternatives<sup>2</sup>

### 92%

The amount of vegan meals consumed by non-vegans<sup>3</sup>

### +5.5%

The growth of the OOH plant-based meal market vs. last year<sup>4</sup>

In line with the current situation, menus will need to be adapted at least in the shorter term due to concerns about safety and hygiene. In the immediate future, food in the office or building café will probably be pre-packaged, transactions will be cashless and breaks and lunch times staggered. A versatile and hard-working plant-based range will be key for creating delicious hot and cold plant-based menus without compromising taste and maintaining transparency of ingredients.

With so many changes to factor in, how to make the most of the plant-based opportunity can seem like a challenge. Therefore, we bring to you a recipe playbook from Garden of Eatin'® that will help inspire your menus. Ideal for the current situation and into the colder months, it includes a selection of vegan and vegetarian creations that can be eaten in the canteen, at the desk or packaged to go.

This recipe playbook focuses on the immediate by sharing Grab & Go recipes and also keeps the future in mind when we will be back to holding corporate events, festive team lunches and concept days like Veganuary, Vegetarian Week and Curry Week that ultimately help teams boost morale and bond in the workplace. You'll also find new ideas and recommendations on how to make plant-based concepts an integral part of any menu.

Sources: 1. WGSN Coronavirus Food & Drink Change Accelerators, April 2020.  
2. Technomic 2019 Center of the Plate Seafood and Vegetarian Consumer Trend Report 3. Kantar Worldpanel Usage | 52 w/e 15th July 2018 and 52 w/e 2nd Dec 2018 4. Understanding the OOH plant-based meals market report, Kantar, May 2020



## 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 sensational – without compromise.**

## YOUR CREATIVITY

The recipes in this book have been selected to demonstrate just a few of the menu possibilities for Christmas, Veganuary and Grab & Go using the Garden Gourmet® range.

Social distancing is set to be here for the foreseeable future and as your workplace reopens, you'll need hard-working plant-based options on your menus to meet the growing demand for a range of high quality, plant-based dishes, along with a range of takeaway and Grab & Go options.

The versatility of the Garden Gourmet® range means the opportunities for creativity are endless, and the options work across hot and cold menu options to suit the needs of your customers.

**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)**



## 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 with our chef's working with insight to bring to you recipes, supported by our nutritionists, which are on trend with the high street.

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 has 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 FOR THE NATION'S HEALTH AND WELLBEING

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. All of our complete recipes are 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.





# GRAB & GO

**With consumers steering towards pre-packaged Grab & Go options for ease and to maintain social distancing, we've designed a range of fillings, hot options and salads that are ideal for self-serve and to eat on-the-go**



Snack pots, sandwiches and salads are the top 3 most popular NPD product types for the Grab & Go market, with nearly a quarter of the new products on the market in January 2020 being snack-pot products<sup>5</sup>



# GARDEN GOURMET FILLET PIECES & GREEN PESTO MAYO SANDWICH FILLING

This recipe is a great mainstream sandwich filling which could be used with any bread; from bloomer or ciabatta to tortilla or baguette. We recommend choosing wholegrain options wherever possible. Serving suggestion: we recommend 130g of filling plus at least a portion of salad/veg (80g) in a wholegrain bread carrier of your choice

**Serves 10**

**Prep Time: 10 Mins**

**Cook Time: 20 Mins**

**Difficulty Rating:** 

## Ingredients

- 800g Garden Gourmet Fillet Pieces (defrosted)
- 400g reduced fat vegan mayonnaise
- 100g vegan green pesto

## Method

1. Mix the mayonnaise and pesto together in a bowl, add the fillet pieces and mix thoroughly

**Chef's Tips:** There are a whole host of simple fillings that can be created with this recipe. Try replacing the pesto with curry paste, Cajun spice mix, fresh lemon zest and juice, freshly ground black pepper or to spice things up harissa, chipotle or Sriracha sauce

Each 100g of filling typically contains:				
Energy	Fat	Saturates	Sugars	Salt
867 kJ 209 kcal	13.9g	1.1g	1.0g	0.99g
14%	26%	7%	1%	22%
of an adult's Reference Intake (RI)* Energy per 100g: 867 kJ / 209 kcal				

Serving Suggestion



**Nestlé Student Nutritionist, Freya Sharpe**

Wholegrain bread is a great way to add some fibre to your diet. Why not pack your sandwich full of veggies to achieve 2 of your 5 a day?





# GARDEN GOURMET FILLET PIECES AND KALE PESTO WITH COURGETTE SPAGHETTI



This recipe makes a great lunchtime treat with the vibrant colours and fresh flavours

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

- Ingredients**
- 1.5kg Garden Gourmet Fillet Pieces
  - 5ml olive oil
  - 2kg courgettes
  - 250g fresh kale (remove tough stalks)
  - 25g toasted hazelnuts
  - 15g vegan hard cheese
  - ½ bunch fresh basil
  - 50ml olive oil

- Method**
1. Blanch the kale in boiling water and refresh
  2. Place in a food processor and blend, then add the hazelnuts, hard cheese and basil. While blending slowly add the olive oil, using only what's needed to achieve the right consistency
  3. Season if required and place to one side
  4. Spiralise the courgettes to get the spaghetti
  5. In a large sided pan or wok, add the 5ml olive oil and heat to smoke
  6. Add the Garden Gourmet Fillet Pieces and sauté to get a crust on the edges. Add the courgette spaghetti and cook for approx. 2 mins
  7. To finish, add the pre-prepared kale pesto (only add what you want) and combine well
  8. Serve in pasta bowls

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1256 kJ 301 kcal	14.1g	1.9g	4.0g	0.76g
15%	20%	10%	4%	13%
of an adult's Reference Intake (RI)* Energy per 100g: 322 kJ / 77 kcal				



Nestlé Business Development Chef, Justin Clarke  
Try serving this pasta bowl with some dried chilli flakes for an extra twist





# WRAP WITH FILLET PIECES



Live up lunchtime with this tasty vegan tortilla wrap full of bold flavours and sumptuous textures. This vegan dish makes an ideal on-the-go option; packed full of colour and flavour

**Serves 10**

**Prep Time: 10 Mins**

**Cook Time: 15 Mins**

**Difficulty Rating:**

## 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	Fat	Saturates	Sugars	Salt
1895 kJ 454 kcal	20.5g	3.0g	7.7g	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





# CAESAR BREADED FILLET SALAD WITH PARMESAN CRISPS

AND TOFU DRESSING (VEGETARIAN)



Add the ultimate crowd-pleaser to your menu with our vegetarian Caesar salad recipe. Featuring the Garden Gourmet Breaded Fillet and a tofu dressing topped with white chia seed parmesan crisps, this dish is easy to prepare and works on the move too.

**Serves 10**

**Prep Time: 10 Mins**

**Cook Time: 20 Mins**

**Difficulty Rating:** 🍴 🍴

## Ingredients

- 10 x Garden Gourmet Breaded Fillets
- 1kg x baby cos lettuce leaves (approx. 12), washed and trimmed
- 250g baby spinach, washed
- 300g French beans, topped, tailed and washed

## Parmesan Crisps

- 160g finely grated parmesan
- 2 tsp white chia seeds

## Tofu Dressing

- 300g silken tofu
- 1 tbsp Dijon mustard
- 1 tbsp capers, rinsed
- 1 tbsp lemon juice
- 1 tbsp water

## Method

1. Preheat the oven to 200°C (400°F). To make the parmesan crisps, place the parmesan and chia in a bowl and toss to combine. Place 10 mounds of the parmesan on 2 large lightly greased oven trays lined with non-stick baking paper and flatten slightly. Cook for 8–10 minutes or until golden, then set aside
2. To make the tofu dressing, place the tofu, mustard, capers, lemon juice, water and pepper in a small bowl. Using a hand-held blender, blend until smooth
3. Blanch the French beans for 2 minutes in boiling water, refresh and drain
4. Place the Garden Gourmet Breaded Fillets on a lined baking tray with greaseproof paper and bake at 180°C from frozen for 12–15 minutes and then cut into strips at a 45-degree angle
5. To serve, divide the lettuce and spinach between 10 bowls, add the Breaded Fillet strips and French beans, crumble over the parmesan crisps and drizzle each bowl with the dressing. Season with freshly ground cracked black pepper

## Chef's Tip:

This vegetarian Caesar salad also lends itself to be served in a wrap or flatbread for an on the go snack

Serving Suggestion



## Nestlé Student Nutritionist, Freya Sharpe

Why not include some different types of veggies in your salad? Not only will this increase the colours in your dish but will provide an array of vitamins too



Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1515 kJ 363 kcal	18.8g	4.8g	5.3g	1.76g
18%	27%	24%	6%	29%
of an adult's Reference Intake (RI)* Energy per 100g: 508 kJ / 122 kcal				



# AUTUMN/WINTER

From comfort food classics to more adventurous winter warmers, keep your customers on-site with a range of exciting dishes to add variety to the working day



With plant-based lifestyles set to accelerate, key Grab & Go growth opportunities in plant-based lie in developing alternatives to key range favourites<sup>5</sup>



# 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 - ideal to enjoy by the slice or to take away

**Serves 4**

**Prep Time: 10 Mins**

**Cook Time: 15 Mins**

**Difficulty Rating:**

## 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**

**Difficulty Rating:**

## 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





# AFRICAN PEANUT STEW WITH FILLET PIECES

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

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







# SENSATIONAL MEXICAN BURGER



Mexican dishes are famously popular across the board, with influences seen from the southern states of America and beyond

Add some heat and smoky flavour to the delicious Sensational Burger. This Mexican burger recipe is loaded with a fresh hot tomato salsa and chipotle mayonnaise, served with a fresh and crunchy salad

**Serves 10**

**Prep Time: 10 Mins**

**Cook Time: 8 Mins**

**Difficulty Rating:**

## Ingredients

- 10 x Garden Gourmet Sensational Burgers
- 10 x sourdough buns
- 5 tbsp low-calorie vegan chipotle mayonnaise
- 100g watercress
- 5 tomatoes, diced
- 1 large red onion, finely diced
- 2 red chillies, sliced
- Large bunch coriander leaves, washed
- Juice of 2 limes
- 1 tsp olive oil

## Side Salad

- 180g celery, washed and sliced
- 1 large onion, sliced
- 350g baby gem lettuces, washed and chopped
- 240g carrots, peeled and grated

## Salad Dressing

- 2½ tbsp tomato puree
- 2½ tbsp lemon juice
- 2½ tbsp water
- Large handful mint, chopped

## Method

1. For the burger salad, mix the tomatoes, onion, red chilli and coriander with the lime juice in a bowl and set to one side
2. To make the side salad, mix all the ingredients in a large bowl. Place the salad dressing ingredients in a small bowl and whisk until well combined. Pour over the side salad and mix to coat well
3. To cook the Garden Gourmet Sensational Burgers in a non-stick frying pan, add 1 tsp oil to the pan over a moderate heat for:
  - a. Defrosted: 4-7 minutes
  - b. Frozen: 6-8 minutesTurn frequently
4. To assemble, cut the burger buns in half and spread the chipotle mayonnaise onto each burger lid. Divide the sourdough bases onto plates and top with cooked burgers, followed by the watercress and lime-dressed salad ingredients
5. Sandwich each with the other half of the burger bun. Serve each Mexican burger with a side salad

Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1198 kJ 476 kcal	14.4g	5.2g	10.2g	2.11g
24%	21%	26%	11%	35%
of an adult's Reference Intake (RI)* Energy per 100g: 601 kJ / 119 kcal				



Serving Suggestion



## Nestlé Business Development Chef, Justin Clarke

Try using a spicy Mexican cheese to add an extra kick to this Mexican burger recipe. Don't forget the raw-to-cook Garden Gourmet Sensational Burger can be cooked from frozen - so helps to reduce food waste costs





# BREADED FILLET KATSU CURRY



Quick, simple and packed full of authentic flavour, this Katsu Curry recipe offers a comforting vegetarian twist on the classic Japanese dish. With a smooth curry sauce and crispy golden Garden Gourmet Breaded Fillet, this recipe is a lively staple for the menu all year round

**Serves 10**

**Prep Time: 15 Mins**

**Cook Time: 40 Mins**

## Ingredients

- 10 x Garden Gourmet Breaded Fillets
- 1kg cooked Japanese rice
- 500g spring cabbage
- 300g Japanese curry paste
- 250g carrots
- 600g potatoes
- 1kg onions
- 60ml cooking oil
- 1.5 litres water

## Method

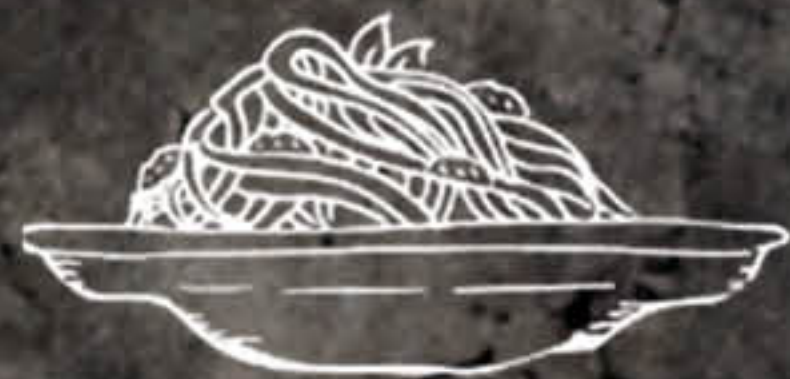
1. Mince the onions and cut the potatoes and the carrots in big dices of 2 centimetres
2. In a big cooking pot over a medium heat put the oil and sweat the minced onions for 10 minutes. Add the cut potatoes and carrots and let cook for 5 minutes
3. Add the water and bring to a boil, then reduce and cook for 10 minutes. Add the curry paste, cover the pot and cook for 10 minutes on a low heat. The sauce should have the consistency of a Bechamel sauce. If not continue to reduce it a bit more and season to your taste
4. Pan fry the Breaded Fillet and the spring cabbage and heat up the rice
5. In a serving dish put the rice and the Breaded Fillet with the cabbage next to it and add the sauce on the top of half of the dish

Each portion typically contains:				
Energy 2431 kJ 579 kcal	Fat 20.7g	Saturates 4.2g	Sugars 16.2g	Salt 1.8g
29%	30%	21%	18%	30%
of an adult's Reference Intake (RI)* Energy per 100g: 461 kJ / 110 kcal				



**Nestlé Business Development Chef, Justin Clarke**  
Serve with Japanese pickles and ginger and try seasoning the Breaded Fillet with kimchi for a kick





# KOREAN MINCE BOWL WITH STIR-FRIED ASIAN GREENS



For an alternative, why not use Chinese pancakes with this vegan dish for a hand-held on-the-go twist?

**Serves 10**

**Prep Time: 15 Mins**

**Cook Time: 15 Mins**

**Difficulty Rating:**

## 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 siracha 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



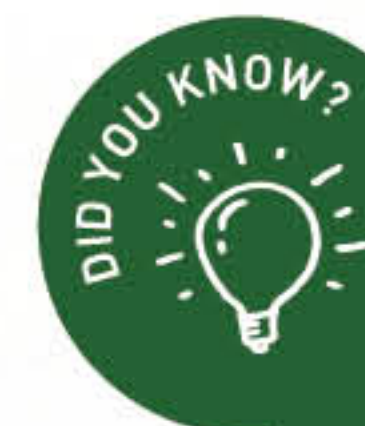
Each portion typically contains:				
Energy	Fat	Saturates	Sugars	Salt
1972 kJ 458 kcal	11.8g	1.9g	14.7g	1.79g
23%	17%	10%	16%	30%
of an adult's Reference Intake (RI)* Energy per 100g: 486 kJ / 116 kcal				





# THE FESTIVE SEASON

The festive season is one for celebrating and trying something different and your customers will be expecting some festive twists on the menu. These festive menu options show plant-based dishes can be deliciously indulgent. The recipes are timeless, can be adapted for Grab & Go and more importantly, they can be used time and again.



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>6</sup>, and at Christmas something special is expected more than ever to appeal to customers of all ages

Source: 6. CGA Food Insights 19



Winter warmers never tasted so good! These inspirational ideas show how winter classics can easily be adapted with our plant-based protein options. All the recipes on the following pages can be further developed for your business on request

## 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.



Nestlé Business Development Chef, Justin Clarke

The Garden Gourmet range has a place on every menu for a variety of meal occasions 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





# GARDEN GOURMET 'FILLET AND STUFFING' FESTIVE SANDWICH FILLING



Give your customers a new twist this festive season with a plant-based spin on a popular favourite.

**Serves 10**

**Prep Time: 20 Mins**

**Cook Time: 20 Mins**

**Difficulty Rating:**

## Ingredients

- 528g Garden Gourmet Fillet Pieces (defrosted)
- 130g reduced fat vegan mayonnaise
- 190g frozen cranberries (defrosted)
- 2g chives (finely sliced)
- Fresh ground cracked black pepper to season

## Stuffing Mix

- 130g sage and onion stuffing mix
- 320ml boiling water

## Method

1. Start by making the stuffing mix, add the stuffing mix and boiling water to a bowl and mix well. Leave to stand for 10 minutes or until cold
2. In the same bowl, add the rest of the ingredients and mix thoroughly

## Chef's Tip:

- Try dicing the fillet pieces into smaller chunks, this will aid spreading the filling into your chosen sandwich
- We recommend choosing wholegrain options wherever possible
- Try using this recipe as a hot filling encased in a wholegrain baguette with apple sauce
- Pack your sandwich full of veggies to achieve 2 of your 5 a day!

**Serving suggestion:** We recommend 130g of filling plus at least a portion of salad/veg (80g) in a wholegrain bread carrier of your choice. Choosing wholegrain bread is a great way to add some fibre to your diet.

Each 100g of filling typically contains:				
Energy 549 kJ 131 kcal	Fat 5.2g	Saturates 0.7g	Sugars 1.2g	Salt 0.80g
9%	10%	5%	2%	17%
of an adult's Reference Intake (RI)* Energy per 100g: 549 kJ / 131 kcal				

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

Try dicing the Fillet Pieces into smaller chunks to aid spreading the filling into your chosen sandwich. Why not serve this recipe as a hot filling encased in a wholegrain baguette with apple sauce?



Serving Suggestion



Great to enjoy on the move, these recipe inspiration ideas have been designed to demonstrate how the Garden Gourmet products make a great choice for festive Grab & Go choices

## CHILLI POTATO SKINS

Baked until crisp, filled with Garden Gourmet Vegan Mince Chilli and topped with vegan blue cheese and apple chutney, chilli potato skins make a super loaded festive snack or appetiser.

## TORTILLA WRAP WITH A CREAMY GARLIC AND CRANBERRY DRESSING

The Garden Gourmet Breaded Fillet makes the ideal filling for a festive-based tortilla wrap to enjoy as a quick bite to eat or on the move.

## VEGAN XMAS SUB

Subway's Meatless Meatball Marinara was a roaring success and the demand for indulgent meat-free subs ensures this option will be a hit with your customers. The addition of the Garden Gourmet Vegan Meatballs offers an incredible flavour and texture to complement creamy vegan blue cheese, cranberry and chestnuts for a real taste of Christmas in a roll.



## TURKISH PIDE

Widespread throughout Turkey, a pide is a broad, round flatbread baked with toppings traditionally baked in a stone oven. For the taste of something different, try the pide with the Garden Gourmet Sensational Burger or Mince in place of meat for a plant-based delicacy.



# VEGANUARY

New Year,  
New Year's resolution...

Meet the growing demand for  
vegan dishes in January by  
showing your customers  
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>7</sup> and popularity set to increase in 2021





# PORTUGUESE-STYLE BURRITO BOWL WITH FILLET PIECES



**Serves 10**

**Prep Time: 2–12 Hrs**  
depending on the time  
available to marinate

**Cook Time: 15 Mins**

**Difficulty Rating:**



Serving Suggestion

40

With heaps of flavour and texture, this Portuguese-inspired vegan burrito bowl tastes as good as it looks. Ideal for a lunchtime treat, this vibrant recipe 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

41





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**

**Difficulty Rating:** 

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 customers of all ages 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







# AROMATIC PHO NOODLE SOUP WITH VEGAN FILLET PIECES

**Serves 10**

**Prep Time: 15 Mins**

**Cook Time: 5 Mins**

**Difficulty Rating:** 

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%

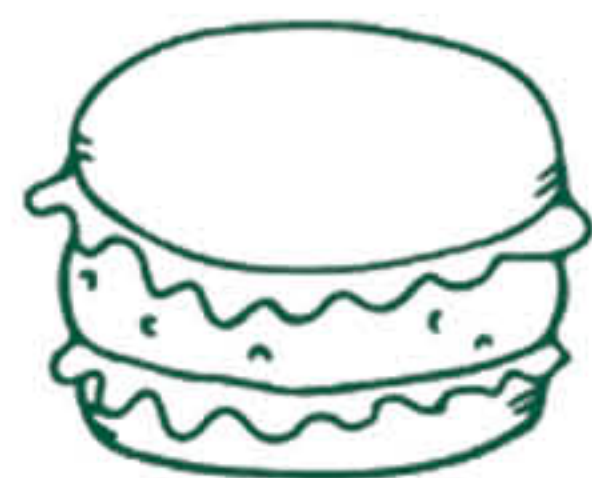
of an adult's Reference Intake (RI)\*  
Energy per 100g: 237 kJ / 56 kcal

## 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. This can be simply made vegan with rice noodles







# 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 lolu 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 lolu 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	Fat	Saturates	Sugars	Salt
2021 kJ 483 kcal	20.3g	5.3g	11.9g	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  
Difficulty Rating:



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





# CHILLI, PARSNIP MAC 'N' CHEESE

Serves 10

Prep time: 15 mins

Cook time: 70 mins

Difficulty Rating:   

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



# SATAY NOODLE SALAD WITH GARDEN GOURMET FILLET PIECES



**Serves 10**

**Prep Time: 15 Mins**

**Cook Time: 15 Mins**

**Difficulty Rating:**

Try this tasty vegetarian dish and give your customers a satay recipe both vegetarians and non-vegetarians will enjoy. Easy and incredibly delicious, it includes 2 of your 5 a day

## Ingredients

- 750g pack Garden Gourmet Fillet Pieces
- 650g fine egg noodles
- 10 spring onions
- 5 carrots
- 2½ cucumbers
- 2 handfuls coriander leaves
- 15 radishes
- 250g red cabbage
- 2½ tbsp olive oil

## Satay dressing:

- 3½ tbsp peanut butter
- 2½ tsp sesame oil
- 200ml water
- 2½ tbsp reduced salt soy sauce
- 2½ tsp chilli sauce
- 2½ tsp chilli flakes

## To serve:

- 2½ tbsp black sesame seeds (optional)
- Juice of one lime

## Method

1. Cook the egg noodles according to the pack instructions, rinse in cold water then set aside
2. For the dressing, mix together the peanut butter, sesame oil, soy sauce, sweet chilli sauce and chilli flakes with 200ml water - it should be pourable so add a little more water if you need to
3. Fry the Fillet Pieces in the olive oil over a moderate heat for 3-4 minutes on each side till crisp and piping hot throughout
4. Finely slice the spring onions, red cabbage and radishes and place in a bowl. Make ribbons of carrot and cucumber using a peeler and add to the bowl, along with the coriander leaves. Top with the satay dressing and finally add the noodles and mix until coated
5. Serve the noodle salad with the heated fillet pieces on top. Top with sesame seeds and a squeeze of lime juice

Each portion typically contains:

Energy	Fat	Saturates	Sugars	Salt
2108 kJ 502 kcal	15.7g	2.6g	8.8g	1.27g
21%	22%	13%	10%	21%

of an adult's Reference Intake (RI)\*  
Energy per 100g: 445 kJ / 106 kcal

**Nestlé Business Development Chef, Justin Clarke**

A perfect 'To Go' hot take away recipe, with the fresh lime bringing everything together





# 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.



**VEGAN**  
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 3x2kg (each 2kg contains approximately 18 x 113g burgers)



**VEGAN**  
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)



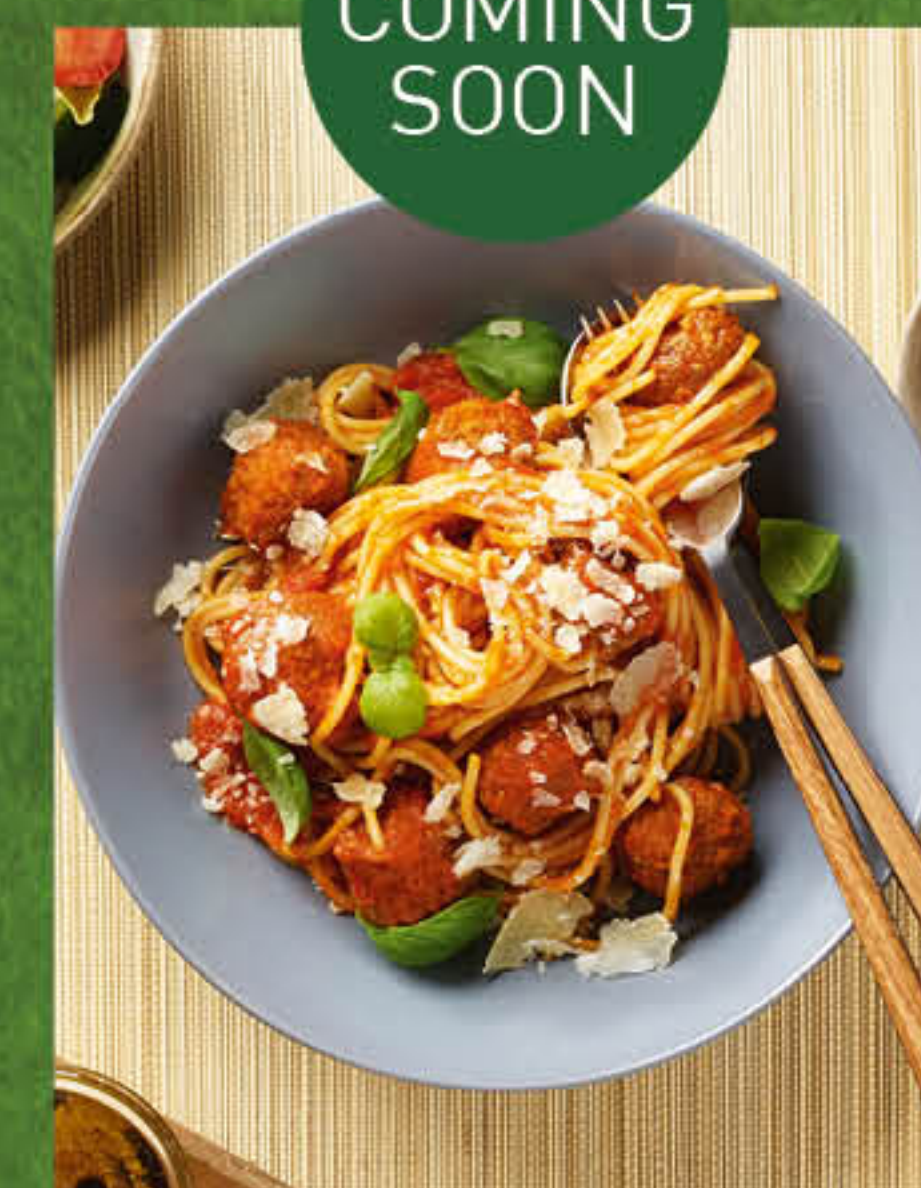
**VEGAN**  
Garden Gourmet  
Fillet Pieces

- 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)



**VEGETARIAN**  
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)



**VEGAN**  
Garden Gourmet  
Vegan Meatballs

- A great meat swap-out, these quick and easy to use meatless meatballs work well in everything from pasta dishes to sub rolls
- Supplied as 2x2kg (each 2kg contains approximately 142 x 14g servings)



**VEGETARIAN**  
Garden Gourmet  
Burger Deluxe

- Made with a mixture of the finest spices, the barbeque flavour of this vegetarian burger is simply irresistible. It offers an exciting twist on the traditional burger for vegetarians and non-vegetarians alike.
- Supplied as 2x2kg (each 2kg contains approximately 22 burgers)





# ONE SENSATIONAL PARTNERSHIP

It's an exciting time to be working in such a dynamic and continuously growing category, despite recent events and the struggles many businesses have faced.

Let us help your business through these trying times with consumer-led insights, market trends and ongoing support. 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.**





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

**[learn.more@uk.nestle.com](https://learn.more@uk.nestle.com)**

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

**   @gardengourmetuk**