

Arctic Gardens®

ROASTING VEGETABLES



ARCTIC GARDENS
Asparagus & Red Potatoes
27774
4 x 2 kg

Diced roasted red potatoes, Bias cut carrots, Asparagus cuts and tips, Diced red onions, Canola oil, Light seasoning



ARCTIC GARDENS
Brussels-style blend
12460
4 x 2 kg

Cauliflower, Brussels sprouts, Sweet potatoes, Canola oil, Seasoning



ARCTIC GARDENS
Root Blend
12055
4 x 2 kg

Sweet potatoes, Orange carrots, Yellow carrots, Parsnips, Red onions, Canola oil, Seasoning

Cooking instructions *

Standard Oven

Pour the frozen blend in a baking pan either lined with parchment paper or lightly coated with oil, and bake in the oven at 450°F (230°C) for about 25 minutes* without steam. Turn halfway through cooking time.

Combi Oven

Pour the frozen blend in a baking pan either lined with parchment paper or lightly coated with oil, and bake in the oven at 450°F (230°C) / 100% H for 6 to 7 min. Turn halfway through cooking time.

Frying pan

Pour frozen blend into a lightly oiled 12" (30cm) skillet over medium high heat for 13 to 14 min until desired texture and temperature are reached*. Stir regularly.



Preserving

Always keep frozen. Frozen vegetables should never be thawed otherwise, cook immediately. To maintain food safety and quality, keep vegetables in their original package. The shelf life is between 18 to 24 months and must be stored in a freezer at a temperature between -18 °C or 0 °F.

*Appliances vary. Heating times are approximate. For food safety and quality, products needs to be cooked at a minimum temperature of 165°F (74°C).



KEEP FROZEN. MUST BE COOKED BEFORE CONSUMING.
DO NOT THAW VEGETABLES BEFORE COOKING. IF THAWED, COOK IMMEDIATELY.
DO NOT REFREEZE THAWED PRODUCT.

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