

Arctic
Gardens[®]

RICED CAULIFLOWER

Offer **nutritious,**
vegetable-filled recipes
without sacrificing creativity
and flavor.



COUNTLESS BENEFITS



ARCTIC GARDENS
Riced Cauliflower
10055686109162

4 x 4.4 lbs

- ▶ **Made with 100% cauliflower**
- ▶ **Simple to prepare**

Save time in the kitchen:
already washed and cut

- ▶ **Versatile**

An excellent substitute
for rice and ideal in sauces,
as a base for pizza dough,
tabbouleh, couscous, purées
and more



FOR MORE RECIPE INSPIRATION, VISIT [ARCTICGARDENSFOODSERVICE.COM](https://www.arcticgardensfoodservice.com)

RECIPE



CAULIFLOWER TABBOULEH



Preparation time: **10 minutes**
Cooking time: **15 minutes**



Servings: **25**
of 1 ½ cups

INGREDIENTS

1 bag (4.4 lbs)	Arctic Gardens Riced cauliflower
4 tbsp	Olive oil (for greasing the baking sheets)
4 tbsp	Freshly chopped garlic
6 cups	Coarsely chopped curly parsley
⅓ cup	Finely chopped fresh mint
⅓ cup	Chopped green onions
8 cups	Chopped plum tomatoes
½ cup	Olive oil
½ cup	Lemon juice
1 tbsp	Salt
1 tsp	Ground black pepper

DIRECTIONS

1. Preheat the oven to 450 °F
2. Spread the riced cauliflower onto 4 greased baking sheets lined with parchment paper.
3. Bake for 10 minutes and set aside.
* Cooking time may vary depending on the type of appliance used.
4. In a large bowl, mix together all ingredients.
5. Serve with pita and plain yogurt.

Nutrition Facts	
servings per container	
Serving size	3.5 oz (100g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 210mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

RECIPE



TIP

Cauliflower is a great neutral base. It will absorb the taste of whatever you add to it.

CAULIFLOWER BURGER



Preparation time: **20 minutes**
Cooking time: **20 minutes**



Servings: **20**
of 1/2 cup

INGREDIENTS

- 1 bag** (4.4 lbs) Arctic Gardens Riced cauliflower
- 4 tbsp** Olive oil (for greasing the baking sheets)

SPICY LIME MAYO

- 1 1/2 cup** Light mayonnaise
- 1/2 cup** Juice of 4 limes
- 1 tsp** Zest of 4 limes
- 2 tbsp** Sriracha sauce

BURGER

- 1 1/2 cups** Whole medium eggs (10)
- 5 tsp** Chili powder
- 2 1/2 cups** Toasted breadcrumbs
- 2 1/2 cups** Grated cheddar
- 1 1/2 tsp** Salt
- 1/2 tsp** Ground black pepper
- 20 buns** Mini hamburger buns or 10 regular hamburger buns
- 1/2 cup** Olive oil
- 4 cups** Arugula

DIRECTIONS

- Preheat the oven to 450 °F
- Spread the riced cauliflower onto 4 greased baking sheets lined with parchment paper.
- Bake for 10 minutes and set aside.
* Cooking time may vary depending on the type of appliance used. Use olive oil for greasing the baking sheets.
- Mix together all the ingredients for the spicy mayonnaise. Set aside in the fridge.
- Beat eggs with the chili powder. Add cauliflower, breadcrumbs and grated cheddar. Make 50 g or 100 g patties.
- Heat a pan to medium and add olive oil.
- Cook the patties 2 to 3 minutes on each side for mini patties and 4 to 5 minutes each side for regular ones.
- Reheat the buns in the oven and garnish patties with spicy lime mayo and arugula.

Nutrition Facts

servings per container	
Serving size	3.5 oz (100g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 300mg	13%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0.2mcg	2%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 140mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.