



LOOK
INSIDE



POKÉ BOWL *Inspiration*



Mediterranean Poké Bowl
with Garden Gourmet®
Beetroot Falafel



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with Garden Gourmet®
Vegan Balls



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with Garden Gourmet® Vuna®



Supreme Poké Bowl
with Garden Gourmet®
Vegan Pieces



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with Garden Gourmet®
Vuna®



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with Garden Gourmet®
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with Garden Gourmet®
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Bitter Greens Salad
with Garden Gourmet®
Fillet Pieces



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with Garden Gourmet®
Vuna®



Veggie Caesar Salad
with Garden Gourmet®
Fillet Pieces



Tabbouleh Salad with
Garden Gourmet®
Vegan Balls



Pasta Salad with
Garden Gourmet® Vuna®

SALAD *Inspiration*

PLANT-BASED
POKÉ
BOWL
Inspiration



MEDITERRANEAN POKE BOWL

WITH GARDEN GOURMET® BEETROOT FALAFEL



Shopping List

40 pieces	Garden Gourmet® Beetroot Falafel
300g	Grated Carrots
350g	Diced Mango
2 pieces	Cucumber
1 piece	Red Onion
1/2 piece	Turnip Daikon
400g	Red and white quinoa mix (cooked according to instructions)
200g	Greek Yoghurt
100g	Tahini Paste
1 piece	Lemon Juice
200g	Sugar
200g	White vinegar
750ml	Water
	Salt, black pepper and piment d'Espelette

HOW TO MAKE IT!

1. Dice the cucumbers.
2. Cut the red onion and the Turnip Daikon in thin slices.
3. Mix the sugar with the white vinegar and the water, bring to a boil and pour on the onion and Daikon.
4. Mix the Greek yogurt with the tahini and the lemon juice. Season with salt, pepper and piment d'Espelette.
5. Deep fry the Garden Gourmet® Beetroot Falafels for 3 minutes.
6. Drain the pickled vegetables and prepare the poké bowl with all the ingredients.
7. Finish seasoning the poké bowl with vinaigrette sauce.



Chef's tip

Add sesame seeds, preserved lemons or sunflower seeds for a different experience.



A FUNKY VERSION
OF A TRADITIONAL
POKÉ BOWL!



WHERE TASTE FEELS GOOD.®



A PERFECT POKÉ BOWL
FOR A FRESH & TASTY
LUNCH BREAK!



10 SERVINGS 20 MINS EASY MEDITERRANEAN

MEZZE POKÉ BOWL

WITH GARDEN GOURMET® VEGAN BALLS



Shopping List

700g	Garden Gourmet® Vegan Balls
2kg	Cooked Tabouleh
800g	Tomatoes
300g	Hummus
600g	Naked slaw
120g	Spring onion
50g	Red chillies
10g	Parsley
10g	Coriander
100g	Pomegranate Seeds
10	Pickled jalapenos

HOW TO MAKE IT!

1. Place the tabouleh into the base of the pot, ensure to cover the entire base evenly.
2. Then compartmentalising the ingredients start to add the chopped tomatoes, hummus, naked slaw, Garden Gourmet® Vegan Balls and pomegranate seeds.
3. Top with the spring onions and chillies, the chopped coriander and parsley.
4. Finally lay the pickled jalapeno in the middle.



Chef's tip

Glaze the vegan balls with balsamic glaze for that sweet tangy taste, but can also use a sweet chilli dressing.

SEA LOVER POKÉ BOWL

WITH GARDEN GOURMET® VUNA®



Shopping List

700g	Garden Gourmet® VUNA®
1250g	Cooked Medium-Grain Rice
200g	Red Cabbage
100g	Chinese Cabbage
50g	Red Radish
50g	Wakame
50g	Scallions (only the green part)
50g	Vegan Ponzu Sauce
125g	Teriyaki Sauce
50g	Cilantro
	Black Sesame Seeds

HOW TO MAKE IT!

1. Cure the red cabbage in sushi rice vinegar for 15min.
2. Combine the vegan ponzu sauce with the teriyaki sauce.
3. Put the cooked rice into a medium sized bowl with half of the combined sauce, bias-cut the scallions, fine chop the cilantro, cut in thin slices the radish.
4. Add Garden Gourmet® Vuna® and put around the rice all the ingredients. Add the remaining sauce on top.



AMAZINGLY FRESH
AND FULL OF HEALTHY
INGREDIENTS!



Chefs tip

You can replace the rice with noodles, add a vegetable-kombu broth and make it a tasteful ramen type soup.



WHERE TASTE FEELS GOOD!



PERFECT TREAT ON
A SUMMER'S DAY!

Also Good To-Go!



MEX STYLE POKÉ BOWL

WITH GARDEN GOURMET® PULLED FILETS

Shopping List

900g	Garden Gourmet® Pulled Filets
150g	Baby mixed leaf
650g	Piquant rice
200g	Grilled red peppers
250g	Pickled red cabbage
20x	Cherry tomato
50g	Palapeños
50g	Pomegranate seeds
2x	Limes
10g	Coriander leaf

Dressing

4 tbsp	Olive oil
3x	Limes
2x	Cloves garlic
20g	Coriander
1 tsp	Brown sugar, red chili flakes
1/2 tsp	Ground Cumin

HOW TO MAKE IT!

- For the marinade, combine all the ingredients, mix well, add the Garden Gourmet® Pulled Filets. Heat a large pan on medium-high heat, add the Filets and stir until golden/charred around the edges (about 8 minutes). Transfer to a clean container and allow to cool.
- 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.

Piquant Rice

600g	Cooked long grain rice,
50g	Coriander
8x	Spring onions
2x	Limes
1/4 tsp	Chili flakes

Fillet Pieces Marinade

3 tbsp	Extra virgin olive oil
5 x	Cloves garlic
3 x	Limes
2 tbsp x	Smoked paprika, oregano, cayenne pepper, cumin, red wine vinegar
1 tsp	Brown sugar

- For the dressing, whisk dressing ingredients together to combine.
- Assemble into 10 bowls, drizzle with dressing and garnish with lime segments, sliced chili, pomegranate seeds and coriander leaf.

Chefs tip



Roll the ingredients inside a wholemeal flour tortilla and bake in the oven for 10mins for an on the go hand held snack.

SUPREME POKÉ BOWL

WITH GARDEN GOURMET® VEGAN PIECES

Shopping List

700g	Garden Gourmet® Vegan Pieces
1250g	Cooked Medium-Grain Rice
100g	Thin Julienne Carrot
100g	Thin Cucumber Julienne
50g	Bias-Cut Scallions (the green part)
50g	Thin Julienne Scallions (the white part)
100g	Steamed Corn into thick slices
150g	Edamame beans
20g	Crispy Deep-Fried Onions
100g	Poké Sauce
75g	Sushi Vinegar
40g	Less Salt Soy
30g	Vegan Ponzu Sauce
	Black Sesame Seeds
	Sriracha Mayonnaise

HOW TO MAKE IT!

1. Cook Garden Gourmet® Vegan Pieces for 5' in oven.
2. Combine poké sauce with sushi vinegar, less salt soy, vegan ponzu sauce.
3. Put the cooked rice into a medium size bowl with half of the combined sauce, add the ingredients around the rice, brush the corns with some of the sauce and burn them with torch to give a nice color.
4. Add the remaining sauce and some vegan sriracha mayonnaise as topping.



Chefs tip

The delicious ingredients in your poké bowl depend on your specific tastes and dietary restrictions. For example, if you love pickled vegetables, try adding some pickled ginger or cucumber.



ALL THE FLAVOR AND RICHNESS OF A REGULAR POKÉ BOWL BUT MEAT-FREE!



WHERE TASTE FEELS GOOD.®



A SUMMER
INSPIRED
POKÉ BOWL!



WHERE TASTE FEELS GOOD.®

🍴 10 SERVINGS | ⌚ 30 MINS | 👨‍🍳 EASY

ALOHA POKÉ BOWL

WITH GARDEN GOURMET® VUNA®



Shopping List

500g	Garden Gourmet® VUNA®
1000g	Sushi Rice (or similar)
100g	White Vinegar (such as rice or distilled)
10g	Fine Sea Salt
100g	Raspberries halved
10	Radishes in Julienne
400g	Pokshoi (washed and cut in small pieces)
100g	Red Onion in Julienne
400g	Pineapple in cubes
500g	Low-Salt Soy Sauce
500g	Lemon Juice or Rice Vinegar
10g	Toasted black sesame seeds

HOW TO MAKE IT!

1. Wash your rice thoroughly until no more starch comes out of it and cook it using the instructions of its package, after finishing put it in a bowl and mix in the white vinegar and the fine sea salt.
2. Defrost the Garden Gourmet® Vuna® overnight.
3. For the ponzu sauce mix the low-salt soy sauce with the lemon juice and reserve.
4. To assemble, in a bowl put your desired quantity of rice topping it with the Garden Gourmet® Vuna®, raspberries, radishes, pokshoi, red onion and pineapple, finish it with a drizzle of ponzu sauce and some toasted black sesame seeds.



Chefs tip

For a more flavorful experience sprinkle some Togarashi on the top of your bowl.

VEGGIE LOVE POKE BOWL

WITH GARDEN GOURMET® VEGAN PIECES



Shopping List

700g	Garden Gourmet® Vegan Pieces
1000g	Cooked Couscous
40	Cherry Tomatoes
10tbs	Hummus
10tbs	Steamed Corn
200g	Cucumber Slices
100g	Crispy Roasted Corn
200g	Yoghurt Sauce

HOW TO MAKE IT!

1. Put cooked couscous on the base.
2. Add tomatoes, steamed corn, raw cucumbers slices, hummus spread and crispy roasted corn.
3. Finish with yogurt sauce.



Chef's tip

Always open to change the carbs component, eg: rice, spelt, etc and sauce, eg: beetroot vegan sauce (Thomy Vegginaise based).



PERFECT FOR A
FRESH & TASTY
LUNCH BREAK!



WHERE TASTE FEELS GOOD.®

PLANT-BASED SALAD

Inspiration



BITTER GREENS SALAD

WITH GARDEN GOURMET® FILLET PIECES

Shopping List

- 450g Garden Gourmet® Fillet Pieces
- 650g Shredded cabbage
- 200g Bitter salad leaves
- 200g Almond puré
- 35g Almond oil
- 300g Blackberries
- Hard vegan cheese
- Aromatic herbs
- Lemon juice
- Salt and ground black pepper

HOW TO MAKE IT!

1. Toast the Garden Gourmet® Fillet Pieces in almond oil and set to cool.
2. Combine the pieces with almond puree on the plate.
3. Season the cabbage and salad leaves with salt, pepper and squeeze of lemon juice and plate on top.
4. Finish with grated vegan cheese, fresh berries and lemon balm.

Also Good To-Go!



Chef's tip

Alternatively use pickled or dried cranberries instead of fresh blackberries, and tarragon instead of lemon balm.



PERFECT FOR A
LUNCHTIME TREAT ON
A SUMMER'S DAY



WHERE TASTE FEELS GOOD.®



VEGETARIAN

A LUNCHTIME FAVORITE
FOR ANY OCCASION



WHERE TASTE FEELS GOOD.

🍴 10 SERVINGS | ⌚ 20 MINS | 👨‍🍳 EASY | 🌍 FRENCH

NICOISE SALAD

WITH GARDEN GOURMET® VUNA®



Shopping List

- 400g Garden Gourmet® Vuna®
- 200g Baby leaf salad
- 250g French beans
- 250g Artichoke hearts (brined, 2 x each quartered)
- 10 x Boiled egg (sliced in half)
- 200g Black olives
- 40 x Baby plum tomatoes
- Garnish flat parsley

Mustard French Dressing:

- 2tsp Dijon mustard
- 1tsp Whole grain mustard
- 80ml White wine vinegar
- 200ml Olive oil
- Cracked black pepper to taste

Dressed New Potatoes:

- 600g Cooked new potatoes
- 50g Red onion (sliced)
- 30ml Olive oil
- 20g Flat parsley (chopped)
- Cracked black pepper to season

HOW TO MAKE IT!

1. For the French dressing: whisk all the ingredients together.
2. Dressed new potatoes: in a large bowl add the olive oil, flat parsley and cracked black pepper and mix, gently fold in the potatoes.
3. Assemble.
4. Drizzle with dressing and garnish flat leaf parsley.



Chef's tip

Try changing the leaf combination with crisp lettuce such as Cos lettuce or add some croutons for more texture. You can make the salad vegan without eggs.

VEGGIE CAESAR SALAD

WITH GARDEN GOURMET® FILLET PIECES

Shopping List

- 900g Garden Gourmet® Fillet Pieces
- 700g Romain lettuce (torn)
- 250ml Caesar dressing
- 250g Ciabatta croutons
- 50g Toasted pine nuts
- 30g Sun blush tomatoes (x4)
- 100g Parmesan shavings

HOW TO MAKE IT!

1. Assemble into 10 bowls, drizzle with Caesar dressing and garnish with croutons, parmesan shavings and toasted pine nuts.

Also Good To-Go!



Chef's tip

This recipe can also be made into a Caesar baguette or wrap. Swap with a vegan dressing and hard Italian cheese to make vegan. You can also use Garden Gourmet® Pulled as alternative.

VEGETARIAN

A MOST SATISFYING
SALAD WITH A HANDFUL
OF INGREDIENTS



Garden
Gourmet®

WHERE TASTE FEELS GOOD.®



VEGAN

A SIMPLE AND
DELICIOUS WARM
SALAD



WHERE TASTE FEELS GOOD!



Also Good To-Go!

TABBOULEH SALAD

WITH GARDEN GOURMET® VEGAN BALLS

🛒 Shopping List

- 700g Garden Gourmet® Vegan Balls
- 500g Quinoa
- 500g Bulgar wheat
- 40 Vine or cherry tomatos
- 5tsp Dukkah
- 150g Fresh mint
- 150g Fresh Corriander
- 150g Pomegrante seeds
- 5 tbsps Olive oil
- 10 Spring onions
- Juice of 3 lemons
- Salt, pepper

Sumac roasted carrots:

- 10 Large carrots
- 10tsp Sumac
- 5tbsps Olive oil

Tahini Dressing:

- 5tbsps Extra virgin olive oil
- 2tbsps Apple cider vinegar
- 3tbsps Maple syrup
- 6tbsps Tahini
- Juice of 2 lemons

HOW TO MAKE IT!

1. Oven Bake Garden Gourmet® Vegan Balls for 10 minutes from frozen at 180°C.
2. Chop carrots into 3cm irregular triangle shapes, add oil, salt, pepper, sumac and bake for 20 minutes or until fully cooked.
3. Mix all ingredients for dresssing together before serving.
4. Cook and fluff quinoa and bulgar.
5. Add chopped herbs, tomatos, lemon, salt, pepper and assemble as a warm salad. Top with Dukkah.



Chefs tip

Make your own toasted nut free Dukkah spice blend – 1 tsp coriander seeds, 1 tsp cumin seeds, ¼ cup pumpkin seeds, ½ cup sunflower seeds, ¼ cup sesame seeds, 1 tsp salt, 1 tsp black pepper 1 tsp sumac – toast all spices and lightly blend.

PASTA SALAD

WITH GARDEN GOURMET® VUNA®

Shopping List

500g	Garden Gourmet® VUNA®
1000g	Fusilli pasta
250g	Red and yellow bell peppers
200g	Red onion
200g	Celery
350g	Broccoli
30g	Parsley
150g	Pickles
250g	Vegan mayonnaise
100ml	Olive oil
	Salt and Pepper

HOW TO MAKE IT!

1. Clean and cut the broccoli in pieces. Put some water in a saucepan. When it starts to boil, add the broccoli and a bit of salt. Once cooked, take it out and reserve it.
2. Put water in a saucepan for the pasta. When the water starts to boil, add the salt and cook the fusilli pasta. We cook it considering the manufacturer's instructions, take it out and let it cool.
3. Cut the peppers, red onion, celery and gherkins into small squares.
4. In a bowl, add the vegan mayonnaise, the peppers, red onion, celery, pickles and the Garden Gourmet® VUNA®. Then, mix it very well and add the pasta.
5. Transfer the pasta into a deep plate and decorate with the broccoli and chopped parsley.
6. To finish, add a little of extra virgin olive oil.



Chef's tip

For a change, you can use other broccoli variants, such as Romanescu Broccoli.



A FULL EXPERIENCE
WITH TASTE AND
TEXTURE



Also Good To-Go!



WHERE TASTE FEELS GOOD.®