

GET YOUR  
FREE RECIPE  
GUIDE **NOW**





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MAKE YOUR  
CROWD GO

OOOH

WITH NEW  
PLANT-BASED  
RECIPES





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# CELEBRATING A SUMMER OF SPORTS

In Spring/Summer 2024 there are many major sport events planned that will keep many Sport Fans connected and entertained, creating many potential OOH consumption moments, among which:

## MAY

Rowing European  
Championship (IT)  
Sailing European  
Championship (FR)

## JUNE

French Open  
Roland Garros (FR)  
Athletics European  
Championship (IT)

## JUNE/ JULY

UEFA Soccer European  
Football Championship  
(DE); Cycling  
Tour de France (FR)

## JULY/ AUG

Wimbledon Tennis  
Tournament (UK)  
Olympics and  
Paralympics (FR)

**SPORT WILL BRING DIFFERENT  
NATIONALITIES AND DIFFERENT  
PEOPLE TOGETHER TO SHARE  
COMMON ENGAGING EXPERIENCES  
IN STADIUM BUT ALSO IN DIFFERENT  
LOCATIONS IN OOH OR IN-HOME.**

Food is a perfect complementary occasion to that experience that brings people together.

Also, Garden Gourmet® is a proud official supporter of the 2024 Olympics in France to help double Plant Based consumption during the Games. Garden Gourmet® Plant Based food will be served on Olympic and Paralympic sites for the whole duration of the games.



# CHIPOTLE CRISPY TACOS

MADE WITH GARDEN GOURMET<sup>®</sup> SENSATIONAL<sup>™</sup> PULLED FILETS

## SHOPPING LIST

1 kg	Garden Gourmet <sup>®</sup> Sensational <sup>™</sup> Pulled Filets
20 pc	taco shells
100 ml	mole, mexican sauce
400 ml	Maggi <sup>®</sup> Tomato Coulis
400 g	romaine salad, finely chopped
300 ml	vegan crème fraiche
<b>For the Salsa Verde:</b>	
400 g	tomatillos salsa
40 g	fresh jalapeños
40 g	coriander

## PREPARATION METHOD

1. Prepare the salsa verde by mixing tomatillos salsa, jalapeños and coriander.
2. Fry Garden Gourmet<sup>®</sup> Sensational<sup>™</sup> Pulled Filets in a bit of oil for 2-3 mins.
3. Add mole and Maggi<sup>®</sup> Tomato Coulis and bring it to the boil. Let it hereafter simmer and reduce in consistency a sticky texture and season to taste.
4. Heat the tacos shells in a baking tray, fill them with Garden Gourmet<sup>®</sup> Sensational<sup>™</sup> Pulled Filets and sauce.
5. Serve the tacos shells with salad, crème fraiche and salsa verde.



### CHEFS TIP

For the salsa verde, leave out the salt and lime juice and replace it by 2-3 tbsp of salted lemons instead.

You can also bake the taco shells, with grated cheese in the oven at 185-200°C for approx. 5 mins, until the cheese has melted.







CHEFS TIP

Season the Sensational™ Burger with black garlic paste. Defrost the burger to reduce the cooking time.

# SPICY GOURMET BURGER WITH LOADED FRIES

MADE WITH GARDEN GOURMET® SENSATIONAL™ BURGER

## SHOPPING LIST

10 pc	Garden Gourmet® Sensational™ Burger Raw To Cook
10 pc	potato buns
200 g	onions
30 ml	oil
30 ml	vegan roast seasoning
5 pc	fresh jalapeños
20 pc	battered onion rings
150 ml	mayonnaise
150 ml	yellow mustard
300 g	romaine salad
300 g	sliced tomatoes
<b>For the loaded fries:</b>	
1.2 kg	gourmet fries
120 ml	BBQ sauce
120 ml	mayonnaise
100 g	pickled red onions

## PREPARATION METHOD

1. Slow cook the sliced onions in oil until golden brown and season with vegan roast seasoning.
2. Cut the jalapeños in 1 cm slices. Deep fry onion rings until golden brown a la minute.
3. Grill Garden Gourmet® Sensational™ Burger in the pre-heated oven at 250°C for 8 min to a core temp of 78°C and toast buns for 2-3 min in the oven.
4. Deep fry gourmet fries until crispy and drizzle with BBQ sauce, mayonnaise, pickled onions and jalapeños.
5. Assemble the burger with mayonnaise, mustard, salad, caramelized onions, tomato slices, onion rings, and jalapeños.



# GOURMET WURST SANDWICH

MADE WITH GARDEN GOURMET® SENSATIONAL™ SAUSAGE

## SHOPPING LIST

1900 g	Garden Gourmet® Sensational™ Sausage
600 g	hot dog buns
175 g	vegan mayonnaise
100 g	lollo verde lettuce
200 g	tomato ketchup
50 g	fried onions
50 g	diced red sweet peppers
50 g	sliced spring leeks
50 g	fried red onion in cubes
25 g	roasted white sesame seeds
25 g	chopped fresh parsley

## PREPARATION METHOD

1. Fry Garden Gourmet® Sensational™ Sausage in oil at medium heat on both sides for 5 minutes until crispy brown.
2. Cut into the hot dog bun and toast it.
3. Add lettuce, Garden Gourmet® Sensational™ Sausage, drizzle mayonnaise and ketchup and top with fried onions, diced bell pepper, spring leeks, red sweet peppers, sesame seeds and chopped parsley.



### CHEFS TIP

For a sauce variant, you can mix a bit of curry powder with mayonnaise and add a squeeze of lemon juice to brighten it up.

It also becomes a great dip for the fries.







CHEFS TIP

Replace the vegan chicken concentrate with vegan beef or lamb seasoning.

Customize the spice blend to your taste, add additional chili/cayenne to the Kebab for a spicy version.

# PITA KEBAB WITH CRISPY SALAD AND TZATZIKI

MADE WITH GARDEN GOURMET® SENSATIONAL™ PULLED FILETS

## SHOPPING LIST

10 pc	pita bread, large
<b>Kebab base recipe</b>	
1 kg	Garden Gourmet® Sensational™ Pulled Filets
3-4	table spoon Kebab seasoning
1	table spoon sumac
2 pc	garlic
1 pc	sliced onion
50 ml	olive oil
40 ml	vegan chicken concentrate
<b>Crispy salad</b>	
400 g	iceberg salad
250 g	red cabbage
50 g	flatleave parsley
200 g	red onions
300 g	sliced tomato
<b>Garnish</b>	
500 g	Tzatziki dressing
10 pc	pickled green pepper/chili

## PREPARATION METHOD

1. Mix Garden Gourmet® Sensational™ Pulled Filets with seasoning, sumac, garlic, sliced onion and olive oil and marinade for 30 min before cooking.
2. Slice thinly all ingredients for the salad and mix together.
3. Fry the Garden Gourmet® Sensational™ Pulled Filets at medium heat till fully heated and caramelized and heat the pita in the oven.
4. Assemble the pita with Tzatziki, kebab base and salad.
5. Serve with pickled green peppers.



# BUDDHA BOWL WITH SPICY TAHINI SAUCE

MADE WITH GARDEN GOURMET® BEETROOT FALAFELS

## SHOPPING LIST

40 pc	Garden Gourmet® Beetroot Falafel
300 g	shredded carrots
350 g	diced mango
300 g	beetroot salad leaves
10 pc	baby cucumbers
1 red	onion
400 g	cooked Red and white quinoa mix
	parsley
	salt

### For the spicy Tahini sauce:

100 g	Tahini paste
30 ml	Sriracha
200 ml	Greek Yogurt
30 ml	Lemon juice
	Garlic powder, onion powder and paprika

## PREPARATION METHOD

1. Mix the Greek yogurt with the tahini, the lemon juice and the other ingredients to prepare the sauce.
2. Deep fry the Garden Gourmet® Beetroot Falafels for 3 minutes at 170°C.
3. Prepare the poke bowl with all the ingredients.
4. Finish seasoning the poke bowl with spicy Tahini sauce.



### CHEFS TIP

This sauce is amazing and absolutely worth making, but if you wanted an even simpler idea, then use hummus that you can thin out using lemon juice with a little water until desired consistency.







CHEFS TIP

You can add some fresh chopped tarragon to the sauce for more freshness.

You can use flatbread, piadina or pita instead of the tortilla.

# VEGGIE TORTILLA WRAP

MADE WITH GARDEN GOURMET® VEGAN NUGGETS

## SHOPPING LIST

800 g	Garden Gourmet® Vegan Nuggets
10 pc	tortilla wrap
350 g	ready to use grilled zucchini
350 g	ready to use grilled eggplant
680 g	sliced tomatoes
800 g	sliced romaine lettuce
150 g	vegan light mayonnaise
20 ml	lemon juice

## PREPARATION METHOD

1. Deep/pan fry Garden Gourmet® Vegan Nuggets till golden and crispy in oil for 3-4min.
2. Mix the vegan light mayonnaise with the lemon juice and add some water to adjust the texture.
3. Assemble by spreading the sauce on top, adding the salad, the grilled vegetables, the tomatoes and the Garden Gourmet® Vegan Nuggets.
4. Roll into a wrap and serve.



# TURKISH STYLE SANDWICH

MADE WITH GARDEN GOURMET® FALAFELS

## SHOPPING LIST

400 g	Garden Gourmet® Classic Falafel
400 g	Garden Gourmet® Beetroot Falafel
600 g	turkish bread or seasalt focaccia
	Sumac Dressing
100 ml	pomegranate molasses
75 g	pickled, chopped turkish pepper
2 tbsp	Sumac
<b>Aromatic salad</b>	
200 g	rucola salad
75g	flat leave parsley
50g	mint
120 g	red onion
<b>Dressing:</b>	
300 g	hummus
200 g	yoghurt dressing

## PREPARATION METHOD

1. Heat the falafels in a pan for around 3 minutes (or in oven or deep fry).
2. Mix pomegranate, chopped peppers and sumac.
3. Pick – wash and clean salad and herbs.
4. Thinly slice the red onions and mix with sumac dressing and salad.
5. Grill the bread and spread the dressing on.
6. Assemble the sandwich with salad and falafels.



CHEFS TIP

Serve with a spicy chili oil.







CHEFS TIP

For a gourmet version you can top half of the baguette with some ratatouille or vegetable spread.

You can sprinkle some Herbes de Provence on top to finish.

# SCHNITZEL SANDWICH PROVENCE STYLE

MADE WITH GARDEN GOURMET® VEGAN SCHNITZEL

## SHOPPING LIST

900 g	Garden Gourmet® Vegan Schnitzel
800 g	rustic baguette
200 g	Caesar dressing
200 g	romaine lettuce cut into strips
200 g	rucola salad
150 g	dried tomatoes, cut into strips
50 g	capers

## PREPARATION METHOD

1. Fry Garden Gourmet® Vegan Schnitzel double-sided for 3 minutes over medium heat until golden brown and leave to cool.
2. Mix Cesar's dressing with romaine lettuce.
3. Divide the rustic baguette into the appropriate size and cut it in half.
4. Top the bottom half with marinated romaine lettuce and rucola salad, the fried cutlets, dried tomatoes, capers.



# VEGGIE CAESAR SALAD

MADE WITH GARDEN GOURMET® SENSATIONAL™ CRISPY TENDERS

## SHOPPING LIST

30 pc	Garden Gourmet® Sensational™ Crispy Tenders
700 g	torn Romain lettuce
250 ml	Caesar dressing
50 g	toasted pine nuts
120 g	sun blush tomatoes
100 g	parmesan shavings

## PREPARATION METHOD

1. Assemble the salad into 10 bowls, drizzle with Caesar dressing and garnish with parmesan shavings, tomatoes and toasted pine nuts.
2. Deep fry Garden Gourmet® Sensational™ Crispy Tenders for 3 minutes at 170°C.
3. Add them hot to the salad and serve.



### CHEFS 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.







CHEFS TIP

You can also use Garden Gourmet® Vegan balls as alternative option and mix&match the Garden Gourmet® ingredients as you want.



10 SERVINGS



20 MINS



EASY

# SHARING PLATTER

MADE WITH GARDEN GOURMET® VEGAN NUGGETS, SENSATIONAL™ CRISPY TENDERS AND MIXED FALAFELS

## SHOPPING LIST

- 20 pc Garden Gourmet® Vegan Nuggets
- 10 pc Garden Gourmet® Sensational™ Crispy Tenders
- 20 pc Garden Gourmet® Classic Falafel
- 20 pc Garden Gourmet® Beetroot Falafel

**Sauces:** such as Vegan mayonnaise, BBQ sauce, sweet chili sauce,...

**Dips:** such as tzatziki, hummus, ...

Other components, such as preserved Turkish pepper, kalamata olives, small tomatoes, cucumbers, zucchini slices, grilled aubergine, borrettane onions, dried tomatoes, dried or fresh fruit ...

## PREPARATION METHOD

1. Deep fry all Garden Gourmet® products for 3 minutes at 170°C.
2. Set all the components on a board or in small containers and serve.



10 SERVINGS 20 MINS 3 EASY

# GUACAMOLE BBQ BURGER

MADE WITH GARDEN GOURMET® VEGAN NUGGETS, SENSATIONAL™  
CRISPY TENDERS AND MIXED FALAFELS

## SHOPPING LIST

10 pc	Garden Gourmet® Sensational™ Burger
10 pc	brioche burger buns
300 g	frozen crushed avocado
300 g	rainbow salad (mix of escarole, carrot, lollo rosso, radicchio, candy stripped beetroot and cabbage)
250 g	pickled gherkins
200 g	vegan mayonnaise
200g	pickled red onion, sliced
150g	BBQ Sauce
60g	pickled jalapeños (3 slices per burger)

## PREPARATION METHOD

1. Grill the Garden Gourmet® Sensational™ Burger in the oven till a core temp 78°C and chill at 225°C approx 8 min from frozen.
2. To build the tower burger, spread the brioche base with the mayonnaise, layer the rainbow salad on top of the mayonnaise followed by the Garden Gourmet® Sensational™ Burger.
3. Drizzle over the burger with BBQ sauce and top with the gherkin, pickled red onion and jalapeños.
4. To finish, spread the brioche lid with the crushed avocado.



### CHEFS TIP

Grill the buns with herb butter for added flavor.

You can also serve with loaded fries.







CHEFS TIP

You can garnish with additional curry powder, cress, leaf parsley, bread chips and fried onions.



10 SERVINGS



10 MINS



EASY

# CURRY WURST WITH SWEET POTATO FRIES

MADE WITH GARDEN GOURMET® SENSATIONAL™ SAUSAGE

## SHOPPING LIST

20 pc	Garden Gourmet® Sensational™ Sausages
2 kg	sweet potato french fries
40 ml	THOMY® Combiflex or oil
50 g	fresh onions, cut into cubes
10 g	curry mix (smoked paprika, hot paprika, cardamom, coriander, cumin, garlic)
1 kg	SOLIS® Tomato sauce
100 g	curry ketchup
50 ml	fond demi glace/brown sauce
250 g	mango puree
200 ml	coconut milk
20 ml	soy sauce
	salt

## PREPARATION METHOD

1. Fry Garden Gourmet® Sensational™ Sausage on both sides over medium heat for 10 minutes.
2. Sauté the onions in oil, add the curry mix, SOLIS® Tomato sauce, curry ketchup, mango puree, coconut milk, soy sauce. Cook for 10 minutes and add on the sausages.
3. Fry sweet potato fries and salt before serving.



# VEGAN MEATLOAF WITH POTATO SALAD

MADE WITH GARDEN GOURMET® VEGAN LOAF

## SHOPPING LIST

10 pc	Garden Gourmet® Vegan Loaf
1.25 kg	cooked potatoes
400 g	lamb's lettuce
1 dl	water
20 g	vegetable bouillon mix
50 g	mustard
120 ml	sunflower oil
40 g	spring leeks, cut into rings
10 g	dill
	salt and white pepper

## PREPARATION METHOD

1. Grill Garden Gourmet® Vegan Loaf in the oven at 180°C for 6 minutes.
2. Boil the potatoes, peel them hot and cut them into slices.
3. Bring water to the boil and add the vegetable bouillon mix.
4. Mix the vegetable bouillon with mustard, salt, pepper, sunflower oil and carefully mix with the warm potato slices into a fine salad.
5. Add spring leeks cut into thin slices and fresh dill.
6. Serve Garden Gourmet® Vegan Loaf with the potato salad and lettuce.



### CHEFS TIP

Do not serve the potato salad cold with the dish.

Add chopped jalapeños to the potatoes for a spicy salad.







CHEFS TIP

Garnish with coconut chips and watercress.

You can also serve with basmati rice and/or garlic naan bread.



10 SERVINGS



10 MINS



EASY

# BUTTER CURRY

MADE WITH GARDEN GOURMET® SENSATIONAL™ PULLED FILETS

## SHOPPING LIST

800 g	Garden Gourmet® Sensational™ Pulled Filets
20 ml	sesame oil
50 g	diced onion
20 g	sugar
5 g	turmeric
50 g	curry, yellow
50 g	"Butter chicken" curry paste
10 ml	water
700 ml	coconut milk
40 ml	vegan chicken bouillon
20 ml	pure rapeseed oil
500 g	green zucchini, cut into cubes
500 g	canned chickpeas, drained, cooked
50 g	raw cauliflower salt

## PREPARATION METHOD

1. Heat the sesame oil, sauté the onions with sugar, turmeric and curry.
2. Stir in the curry paste, deglaze with water and coconut milk. Add vegan chicken bouillon.
3. Heat the rapeseed oil and sauté the zucchini, chickpeas and cauliflower.
4. Cook Garden Gourmet® Sensational™ Pulled Filets for 5 minutes over low heat and top up with curry sauce and vegetables.



# TABOULEH BOWL

MADE WITH GARDEN GOURMET® BEETROOT FALAFELS

## SHOPPING LIST

700g	Garden Gourmet® Beetroot Falafels
2 kg	cooked bulgur
800 g	chopped tomatoes
300g	hummus
600g	naked slaw
120g	spring onion
50g	red chillies
100g	pomegranate seeds
10	pickled jalapeños

### For the Vinaigrette sauce:

100 ml	extra virgin olive oil
30 ml	lemon juice
	chopped parsley and coriander
	salt and pepper

## PREPARATION METHOD

1. Heat the falafels in a preheated skillet over medium heat for 5 minutes.
2. Place the bulgur into the base of the pot, ensure to cover the entire base evenly.
3. Start to add the chopped tomatoes, hummus, naked slaw, pomegranate seeds, julienne cut spring onions and chillies and the Garden Gourmet® Beetroot Falafels.
4. Finally lay the pickled jalapeños and finish with the vinaigrette sauce.



### CHEFS TIP

Can be a cold grab&go salad or a hot main meal dish.







CHEFS TIP

You can also serve the dish with fried potatoes or pasta.

Sprinkle with Herbes de Provence.



10 SERVINGS



10 MINS



EASY

# CRISPY SCHNITZEL AND RATATOUILLE

MADE WITH GARDEN GOURMET® VEGAN SCHNITZEL

## SHOPPING LIST

10 pc	Garden Gourmet® Vegan Schnitzel
500 ml	Buitoni® Tomato Coulis
200 g	grilled aubergines
200 g	grilled courgettes
200 g	grilled peppers
30 ml	olive oil
30 g	fresh basil
	salt and pepper

## PREPARATION METHOD

1. Pre-heat the deep fryer to 170°C. or heat the oven at 190c for 6-8 min.
2. Chop the grilled aubergine, courgettes and peppers and sauté in olive oil.
3. Add Buitoni® Tomato Coulis, cook for 3 min and season with fresh basil, salt and pepper.
4. Deep fry Garden Gourmet® Vegan Schnitzel for 3-4 min and serve.



**Garden  
Gourmet**  
WHERE TASTE FEELS GOOD!

MAKE YOUR  
CROWD GO

OOOH

WITH NEW  
PLANT-BASED  
RECIPES

SERVE GARDEN  
GOURMET®  
THIS SUMMER

