

PLANT PROTEIN SPECIALS

BOWL EDITION



**Garden
Gourmet**
WHERE TASTE FEELS GOOD.®

POWER UP YOUR MENU
WITH 6 DELICIOUS
PLANT-BASED RECIPES

CHOOSE YOUR PROTEIN!

In today's culinary landscape, the choice of protein plays a vital role in menu development, especially when it comes to creating delicious and satisfying bowls options.

As consumers become more aware of their dietary choices and their impact on health and the environment, plant proteins have emerged as a **balanced** and tasty alternative*.

For you, plant proteins offer a unique opportunity to craft dishes that cater to a variety of dietary preferences, providing a satisfying option for everyone. They can enhance the texture and flavor of your meals while aligning with the growing demand for **plant-based dining**. Ultimately, embracing plant proteins allows you to innovate and create dishes that resonate with a diverse clientele.

In this guide, we invite you to delve into the exciting world of plant-based bowls creations. You will find a collection of recipes that showcase the versatility of a selection of GARDEN GOURMET® plant-based portfolio, featuring delicious and fresh ideas crafted by Nestlé Professional Chefs to inspire your creativity.

Each recipe inspiration is designed to be easy to prepare, making it simple to incorporate plant proteins **into your menu**. Whether you're looking for quick, grab-and-go bowls or gourmet creations that will impress your guests, this guide has something for everyone.

Join us on this culinary journey and discover how plant proteins can transform your bowls into vibrant meals that your customers will love.

EXPLORE AND ENJOY!

* All Garden Gourmet Professional products have a Nutriscore A or B.



COUSCOUS MEDITERRANEAN BOWL
MADE WITH GARDEN GOURMET®
VEGAN BALLS



TROPICAL ESCAPE BOWL
MADE WITH GARDEN GOURMET®
VUNA



LENTIL FUSION DELIGHT BOWL
MADE WITH GARDEN GOURMET®
BEETROOT AND CLASSIC FALAFELS



SRIRACHA RICE MEDLEY BOWL
MADE WITH GARDEN GOURMET®
VEGAN PIECES



SOUR & SPICY MANGO RICE BOWL
MADE WITH GARDEN GOURMET®
VEGAN MINCE



FIESTA SALAD BOWL
MADE WITH GARDEN GOURMET®
SENSATIONAL PULLED FILLET

YOUR MENU SPECIALS INSPIRATION

COUSCOUS MEDITERRANEAN BOWL

MADE WITH GARDEN GOURMET®
VEGAN BALLS

KEY INGREDIENTS:

- GARDEN GOURMET®
Vegan Balls
- Couscous
- Hummus
- Cherry tomatoes
- Cucumber
- Feta cheese
- Yogurt dressing



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GET TO KNOW... GARDEN GOURMET® VEGAN BALLS

Our ready to eat Vegan Balls are high in protein and source of fibre. They are a tasty and versatile meat alternative that can be added to a variety of recipes, from rich Italian pastas to fragrant Asian cuisine.

PORTION: 70G (5 PIECES)
= 14G OF PROTEIN

Made with plant-based ingredients



TROPICAL ESCAPE BOWL

MADE WITH GARDEN GOURMET®
VUNA

KEY INGREDIENTS:

- GARDEN GOURMET® VUNA
- Sushi rice
- Pineapple
- Edamame beans
- Passionfruit
- Coriander
- Sesame seeds
- Lime



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GET TO KNOW... GARDEN GOURMET® VUNA

Our ready to eat VUNA® is high in protein and high in fibre. It has been especially developed for the foodservice industry to offer similar texture and flavor of shredded tuna. It's ideal for sandwiches, wraps, salads, sushi and poke bowls.

PORTION: 75G
= 14G OF PROTEIN

Made with plant-based ingredients



LENTIL FUSION DELIGHT BOWL

MADE WITH GARDEN GOURMET®
BEETROOT AND CLASSIC FALAFELS

KEY INGREDIENTS:

- GARDEN GOURMET® Beetroot and Classic Falafels
- Lentils
- Coriander
- Curry
- Cucumber
- Romaine lettuce and rocket salad
- Red onion
- Chickpeas
- Edamame
- Lemon



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GET TO KNOW... GARDEN GOURMET® BEETROOT AND CLASSIC FALAFELS

Our ready to eat Falafels are source of protein and high in fibre. Beetroot Falafel is fused with the deliciousness of beetroots, chickpeas and a blend of herbs and spices. Falafel Classic is fused with Mediterranean style flavors combining chickpeas, zucchini and onions with a blend of herbs and spices. Perfect with pitta bread, couscous, yogurt dip or hummus.

PORTION: 95G (4 PIECES)
= 6 TO 7G OF PROTEIN

Made with plant-based ingredients



SRIRACHA RICE MEDLEY BOWL

MADE WITH GARDEN GOURMET®
VEGAN PIECES

KEY INGREDIENTS:

- GARDEN GOURMET® Vegan Pieces
- Fried rice
- Lettuce
- Avocado
- Red onion
- Cherry tomatoes
- Lime
- Sriracha vegan (or not) mayonnaise
- Smoked paprika powder

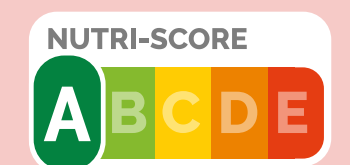


GET TO KNOW... GARDEN GOURMET® VEGAN PIECES

Our ready to eat Vegan Pieces are high in protein and high in fibre. They have a lightly roasted taste and can liven up a variety of meals and recipes.

PORTION: 81G (12 PIECES)
= 19G OF PROTEIN

With European Soy Protein. Made with plant-based ingredients



SOUR & SPICY MANGO RICE BOWL

MADE WITH GARDEN GOURMET®
VEGAN MINCE

KEY INGREDIENTS:

- GARDEN GOURMET® Vegan Mince
- Sour rice
- Lettuce
- Tomatoes
- Red onions
- Mango
- Coriander
- Lime
- Jalapeños



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GET TO KNOW... GARDEN GOURMET® VEGAN MINCE

Our ready to eat Vegan Mince is high in protein and high in fibre. It is a versatile offering, which can be easily and quickly prepared in recipes as an alternative to minced meat.

PORTION: 75G
= 16G OF PROTEIN

With European Soy Protein. Made with plant-based ingredients



FIESTA SALAD BOWL

MADE WITH GARDEN GOURMET®
SENSATIONAL PULLED FILLET

KEY INGREDIENTS:

- GARDEN GOURMET® Sensational Pulled Fillet
- Rainbow salad
- Red onions
- Corn
- Cherry tomatoes
- Bell peppers
- Jalapeños



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GET TO KNOW... GARDEN GOURMET® SENSATIONAL PULLED FILLET

Our ready to eat Sensational Pulled Fillet is high in protein and source of fibre. It has sensational texture when pulled apart, with visible fibres and juicy bite. Amazingly versatile and ideal for salads, sandwiches, wraps, pasta dishes or stir fries.

PORTION: 80G
= 19G OF PROTEIN

With European Soy Protein. Made with plant-based ingredients





Find more inspiration at www.nestleprofessional.com