



SOURCE OF INSPIRATION

DISCOVER *the new* **VEGGIE-MADE PASTA**

Delight your customers with our new delicious veggie-made pasta!

An healthy alternative to regular pasta with a just-right texture
and taste to provide an ***upgraded offer to your patrons.***



NEW VEGGIE-MADE PASTA, the delicious GLUTEN-FREE option to traditional wheat pasta



► Versatile alternative

Made from split peas and cauliflower

Kid-friendly

Perfect for side dishes

► Two varieties

Penne

Rotini



► Quick and easy!

Pre-cooked

3-4 minutes
in boiling water

Limits risk
of potential
contamination



DID YOU KNOW ?



The numbers of consumers going to gluten-free **has tripled** since 2009¹

¹ Source: <https://www.forbes.com/sites/niallmcCarthy/2017/01/17/the-number-of-americans-going-gluten-free-has-tripled-since-2009-infographic/#627904ef32f>



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RECIPE



VEGETARIAN MEATBALLS ROTINIS



Cooking time : **25 minutes**
Preparation time: **25 minutes**



25 portions
of 425g

INGREDIENTS

12 cups Bonduelle Veggie-Made Rotini

MEATBALLS

1,3 L Boiling Water

2 tbsp Powdered vegetable broth

6 ½ cups TVP (Textured Vegetarian Protein)

2 ½ cups Canned Chickpeas, drained

1 ½ tbsp Garlic powder

2 tbsp Onion Powder

½ tbsp Dry Basil

½ tbsp Dry Oregano

6 Beaten eggs

¾ cup Shredded parmesan

1 ½ cup Breadcrumbs

Salt and Pepper

TOMATO SAUCE

4,5 L Canned tomatoes, drained

½ cup Olive oil

2 ½ tbsp Sugar

¼ cup Onion powder

1 ½ tbsp Garlic powder

Salt and Pepper

PREPARATION

1. Add the vegetable broth and the TVP to the boiling water. Mix and set aside.
2. Add the chickpeas in a food processor. Pulse until you get a puree.
3. In a salad bowl, put together the TVP, the chickpea puree and spices. Mix.
4. Add the eggs and mix well.
5. Add the Parmesan and breadcrumbs, and toss well. Season with salt and pepper to taste.
6. Shape into 42g meatballs.
7. Preheat the oven to 400F.
8. Place the meatballs on a non-stick baking sheet and bake in the oven for 15 to 20 minutes.
9. Put the diced tomatoes in a food processor and place the resulting sauce in a saucepan.
10. Add olive oil and spices, and simmer for 15 minutes on low heat.
11. Add salt and pepper to taste.
12. Boil the pasta using the method suggested by Bonduelle.

Valeur nutritive Nutrition Facts

Pour (300 g)

Per (300 g)

Calories 300	% valeur quotidienne * % Daily Value *
Lipides / Fat 6 g	8 %
saturés / Saturated 1 g	6 %
+ trans / + Trans 0 g	
Glucides / Carbohydrate 50 g	
Fibres / Fibre 7 g	28 %
Sucres / Sugars 8 g	8 %
Protéines / Protein 11 g	
Cholestérol / Cholesterol 5 mg	
Sodium 400 mg	17 %
Potassium 600 mg	13 %
Calcium 100 mg	9 %
Fer / Iron 4 mg	29 %

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

* 5% or less is a little, 15% or more is a lot

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RECIPE



GRILLED VEGETABLES PENNE



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



25 portions
of 425 g

INGREDIENTS

25 cups	Veggie-Made Penne
3 cups	Fresh chopped Basil
3 cups	Crumbled Feta

GRILLED VEGETABLES

25 cups	Grape Tomatoes
25 cups	2 cm Cubed Zucchinis
25 cups	Broccoli florets
25 cups	Cauliflower florets
25 cups	2 cm Cubed Red Peppers
12 ½ cups	2 cm Cubed Red Onions
3 cups	Olive oil
	Salt & Pepper

DRESSING

3 cups	Chopped shallots
3 cups	Olive oil
1 ¾ cups	Balsamic vinegar
½ cups	Garlic powder
	Salt & Pepper

PREPARATION

1. Preheat the oven to 425F.
2. In a salad bowl, toss the vegetables with the olive oil. Add salt and pepper to taste.
3. Spread the vegetables on a baking sheet lined with parchment paper and place in the oven. Cook for 15 to 20 minutes.
4. Meanwhile, in another bowl, place the chopped shallots and the rest of the dressing ingredients. Mix.
5. Boil the pasta using the method suggested by Bonduelle.
6. In a bowl, mix together the pasta, grilled vegetables, dressing, fresh chopped basil and crumbled feta cheese.
7. Add salt and pepper to taste.

Valeur nutritive Nutrition Facts

pour (300 g)
Per (300 g)

Calories 430	% valeur quotidienne * % Daily Value *
Lipides / Fat 27 g	42 %
saturés / Saturated 5 g	25 %
+ trans / + Trans 0 g	
Glucides / Carbohydrate 40 g	
Fibres / Fibre 6 g	24 %
Sucres / Sugars 7 g	7 %
Protéines / Protein 9 g	
Cholestérol / Cholesterol 10 mg	
Sodium 140 mg	6 %
Potassium 650 mg	14 %
Calcium 100 mg	9 %
Fer / Iron 3 mg	21 %

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VEGGIE-MADE PASTA COOKING INSTRUCTIONS



10787 / 6x1kg



10788 / 6x1kg

► Recommended cooking method

Stove Top: Boiled

1. Add the frozen pasta to a saucepan of boiling water.
2. Cook for 2 to 4 minutes* or until you reach the desired texture and temperature.
3. Drain, season to taste and serve.

► Alternative cooking methods

Combi oven (Convection)

1. Preheat the industrial oven (rational) to reach 210°F / steam (100%)
2. Pour pasta into a baking tray (non-perforated; 2½" high X 11¾" wide X 19½" long)
3. Cook 3 minutes* until the pasta has reached the desired texture and temperature.
4. Stir at the end and serve immediately.

Microwave (1200W) – 500g

1. Pour the frozen pasta into a microwave-safe dish, add ¼ cup of water and cover.
2. Microwave on High 5 to 6 minutes* or until thoroughly heated. Stir halfway through cooking time.
3. Let stand for 1 minute after cooking and serve.

► Recommendations for use

Preparation of casserole dishes

1. Do not pre-cook pasta. Mix frozen pasta and other desired ingredients in the dish.
2. Keep frozen until ready to use.
3. By way of indication, a 1kg frozen casserole dish can be cooked in a conventional oven at 350°F, bake it for approximately 55 to 65 min or until the casserole dish has reached the desired texture and temperature.* Cover the dish with aluminum foil to avoid drying out the pasta.
4. Serve immediately.

Hot table use

1. The pasta can be kept warm for ±20min on a hot table.
2. Lightly oil the tray (non perforated) before placing the pasta in it to prevent the pasta from sticking.

* Appliances vary. Heating times are approximate. For food safety and best quality, cook to a temperature of 165°F (74°C).



Nutrition Facts Valeur nutritive

Per 3 cups (215 g)
Pour 3 tasses (215 g)

Calories 340	% Daily Value *
Fat / Lipides 1 g	1 %
Saturated / Saturés 0 g	0 %
+ Trans / Trans 0 g	
Carbohydrate / Glucides 73 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	
Sodium 20 mg	1 %
Potassium 350 mg	7 %
Calcium 30 mg	2 %
Iron / Fer 4 mg	22 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Cooked yellow pea pasta (water, yellow pea flour, cauliflower powder)



KEEP FROZEN.
MUST BE COOKED BEFORE CONSUMING.

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