Your ingredients this week!

Chicke Pot pie

- 3 tbsp (45 ml) butter
- ¼ cup (60 ml) flour
- 3 cups (750 ml) chicken stock
- ¼ cup (60 ml) cream (15 or 35%)
- 2 cups (500 ml) 1/2 bag of Arctic Gardens mixed vegetables
- 4 cups (1 litre) cooked chicken, chopped
- 3 tbsp (45 ml) sundried tomato pesto
- 1 lb (450 g) pie dough

Cauliflower burgers/Spicy mayo

- 1 bag of 340 g Arctic Gardens riced cauliflower with vegetables
- 2 tsp (10 ml) olive oil
- Salt and freshly ground pepper
- 2 eggs
- 1 tsp (5 ml) chili powder
- ½ cup (125 ml) breadcrumbs
- ½ cup (125 ml) grated cheese, your choice
- 2 tbsp (30 ml) olive oil
- 4 hamburger or 8 mini hamburger buns
- 1 cup (250 ml) baby arugula

Spicy lime mayo :

- ⅓ cup (80 ml) mayonnaise
- 1 tbsp (15 ml) lime juice
- 1 tsp (5 ml) lime zest
- 1 tsp (5 ml) sriracha

Asian vegetables and rice salad

- 1 bag of Arctic Gardens Asian style stir-fry vegetables
- 4 cups (1 litre) cooked rice, cooled
- 2 cups (500 ml) baby spinach
- ½ cup (125 ml) roasted cashews or peanuts
- ½ cup (125 ml) raisins
- ¼ cup (60 ml) canola oil
- ¼ cup (60 ml) soya sauce
- ¼ cup (60 ml) rice vinegar
- 2 cloves garlic, minced
- 1 tbsp (15 ml) fresh ginger, minced
- Salt and freshly ground pepper

Optional: Broccoli croquettes

- 1 bag **Arctic Gardens broccoli florets**
- 3 eggs
- 1 1/2 cups (375 ml) grated cheese
- 1 cup (250 ml) breadcrumbs
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) ground pepper

Chinese style macaroni

- 2/3 lb (300 g) uncooked macaroni
- 2 tbsp (30 ml) canola oil
- 1 lb (450 g) chicken breasts or thighs, cubed
- 2 cloves of garlic chopped
- 1 tbsp (15 ml) freshly chopped ginger
- 1 bag of Arctic Gardens Chinese Macaroni Vegetable Mix
- ½ c (125 ml) soya sauce
- 2 tbsp (30 ml) honey
- 3 green onions, chopped

Stir-fried Yin Yang ginger beef

- 1/2 bag (375g) of Arctic Gardens Yin Yang vegetables
- 10 to 12 oz strip-loin steak
- 1/4 cup soy sauce
- 1/4 cup sherry
- 1 tbsp brown sugar
- 1 tbsp cornstarch
- 2 tbsp grated fresh ginger
- 3 garlic cloves, minced
- 1 tsp dark sesame oil
- 1 tbsp vegetable oil
- 1/2 cup chopped cilantro, mint or basil

Arctic Gardens®