

On The Wellness Trend Green Goddess

FRESH. VIBRANT. IRRESISTIBLE.

Packed with herbs and a subtle sweet finish, **Frenchmaid Green Goddess** adds flavour-forward goodness to everything from nourish bowls and salads to burgers and pasta.

Light, creamy, and endlessly versatile, it's the perfect choice for health-conscious customers looking for fresh, feel-good flavour with every bite, or an interesting twist to classic menu items.



SIZE	UNITS PER CARTON	SERVES PER UNIT	SHELF LIFE	PRODUCT CODE
1L	12	40	6 Months	10010579

PLANT-BASED NO ARTIFICIAL FLAVOURS

NO ARTIFICIAL COLOURS

Allergen: Contains sulphites

frenchmaid®

GROENZ
A Golden State Foods company

New Zealand
www.groenz.co.nz +64 4 568 2687
ordersliquidnz@gsf-anz.com

Australia
www.groenz.com.au +61 7 3393 5562
ordersliquidau@gsf-anz.com

Green Goddess Nourish Bowl

Ingredients

- 1 cup tri-colour quinoa
- 1 handful of kale, softened
- 1 cup roasted pumpkin, cubed
- ½ cup of chickpeas, roasted
- 1 tsp paprika (or cumin)
- 1 avocado, sliced
- ½ cup of cucumber, sliced
- ¼ red onion, thinly sliced
- 2 Tbsp pistachios, roughly chopped
- 3–4 Tbsp **Frenchmaid Green Goddess** dressing
- Salt and pepper to taste

Method

- 1. Prepare the quinoa:** Rinse quinoa under cold water. In a saucepan, combine 2 cups of water and a pinch of salt. Bring to a boil, then reduce to simmer, cover, and cook for 15 minutes or until the water is absorbed. Fluff with a fork and let cool slightly.
- 2. Roast the pumpkin:** Preheat oven to 200°C. Toss cubed pumpkin with olive oil, salt, and pepper. Roast on a lined tray for 20–25 minutes, turning once, until golden and tender.
- 3. Roast the chickpeas:** Drain and remove all water from chickpeas. If needed, pat chickpeas dry with a paper towel. Toss with olive oil, a pinch of salt, pepper, and paprika. Spread on a tray and roast for 20–25 minutes, shaking halfway through, until crispy.
- 4. Soften the kale:** Place chopped kale in a bowl with a small drizzle of olive oil and a squeeze of lemon juice. Gently massage leaves for 1–2 minutes until they soften and become vibrant.
- 5. Assemble the bowl:** Layer the quinoa and kale as the base. Neatly arrange roasted pumpkin, roasted chickpeas, avocado, cucumber, and red onion. Sprinkle with pistachios.
- 6. Dress and serve:** Drizzle 3–4 Tbsp of **Frenchmaid Green Goddess** dressing over the bowls. Serve immediately.



DIP IT. DRIZZLE IT. DEVOUR IT.



Shrimp Cocktail

Add a tablespoon of Frenchmaid Green Goddess into the base of a mini serving cup (adjust to suit portion size). Hook a shrimp and lemon wedge onto the rim for an easy, eye-catching canapé. Alternatively, serve in a ramekin as a dipping sauce.



Smoked Salmon Toast

Drizzle Frenchmaid Green Goddess over cold smoked salmon, smashed avocado and sourdough toast. Garnish with microgreens and lemon.



Chicken Wrap

Spread Frenchmaid Green Goddess dressing over the bottom third of the wrap, then layer chicken, mixed greens, avocado and other ingredients of choice.



Veggie Sandwich

Spread Frenchmaid Green Goddess on ciabatta, then add grilled eggplant, zucchini, and feta. Drizzle extra dressing over the zucchini for a flavour boost. Perfect as mini catering bites or a full-sized serve.

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