



POWER UP YOUR PLATE

EAT GOOD, FEEL GOOD

Here at HARVEST GOURMET™, we want to bring you delicious PLANT-PROTEIN solutions and recipes with a conscience! Reap the benefits of plant nutrition specially made from ingredients you know as a COMMITMENT TO COMMUNITIES and our MOTHER EARTH.



WHY CHOOSE HARVEST GOURMET™?

BENEFITS

BY NESTLÉ WITH
HALAL JAKIM 
CERTIFIED


**MADE FROM
PLANTS**

**PLANT-
PROTEIN** IS A FAST-
GROWING
SEGMENT

THE HARVEST GOURMET™
**RANGE OFFERS
MASS APPEAL**

**AFFORDABLE,
ACCESSIBLE,
RELEVANT**

**VERSATILE &
CONVENIENT**

**MADE LOCALLY
IN MALAYSIA**



**GROW CUSTOMER BASE
THROUGH THE RISING DEMAND
OF PLANT BASE MEALS**

**MADE WITH QUALITY
INGREDIENTS**



NON-GMO SOY

HIGH IN FIBRE

**NO COMPROMISE
ON TASTE
OR TEXTURE**



**SUSTAINABLE
CONSUMPTION**
IS A GROWING CONSUMER TREND

SOURCE OF PROTEIN



FAQ



THESE FOODS ARE HIGHLY PROCESSED. HOW HEALTHY CAN THEY BE?

The term “processed foods” is usually negatively perceived. However, foods are processed for many reasons, including making raw ingredients safer, more palatable, and easier to digest. Food processing can also minimize food safety risks, reduce food waste, increase shelf-life, increase the bioavailability of nutrients in some products, and create flavours. Plus, processing is the reason these foods look and taste so appealing to customers.

Finally, processing can also increase the nutritional value of foods. For example, it enables us to eliminate anti-nutritional factors in pulses or to increase the digestibility of starch. In the case of plant-protein meat alternatives, processes are what allows us to achieve a highly palatable texture, flavour, and variety. Advances in food technology has allowed us to provide a nutrient profile and experience so similar to meat, which is what many flexitarian consumers want.



DOES PLANT-PROTEIN MEALS HAVE ENOUGH PROTEIN?



Most of these products are complete proteins, like soy or blends such as peas and wheat, offering all the essential amino acids and about the same amount of protein found in real meat. For a high quality protein profile, pick products containing soy, or protein blends such as pea with brown rice or pea with wheat.

WHAT DOES NON-GMO MEAN?

Non-GMO means non-genetically modified organisms. GMOs are usually the result of selecting a desirable gene from a microorganism and the placing it into a plant (like soybean, cotton or corn). The process has been widely used in global agriculture to improve crop yields by making them more resistant to insects, weeds and diseases. Regulatory agencies around the world including the European Food Safety Authority (EFSA) have concluded that authorized Genetically Modified (GM) crops and food ingredients derived from them are safe for human consumption. However, their use remains controversial. That is why most meat alternatives specify that they don't contain ingredients derived from GMO crops. HARVEST GOURMET™ ingredients derive from NON-GMO sources.



FAQ

ARE THERE ANY ARTIFICIAL PRESERVATIVES USED IN THE PRODUCTION OF THE HARVEST GOURMET™?

No artificial preservatives are used in the production of Harvest Gourmet™.



DOES IT NEED TO BE FULLY DEFROSTED BEFORE IT CAN BE COOKED?

The product is designed to be cooked straight from the freezer and defrosting or thawing is not advisable for food safety reasons. Cooking straight from the freezer is also recommended for the best taste and texture



IS THE HARVEST GOURMET™ PRODUCT RANGE OFFERED TO MALAYSIANS CONSIDERED VEGAN/VEGETARIAN?

All HARVEST GOURMET™ products are plant-protein and meat-free. For further details, please refer to the ingredient list on product packaging

HOW ARE HARVEST GOURMET™ PRODUCTS MADE?

In general, products are based on a 'mix & form' technology. All ingredients are mixed to form a matrix which is later formed into the desired shape.



THE PREFERRED PLANT-PROTEIN CHOICE

**MEAT
FREE**

**HIGH IN
PROTEIN**

**SOURCE
OF FIBRE**



Harvest
Gourmet™



CRISPY FISH-FREE FINGERS

Harvest Gourmet™ Crispy Fish-Free Fingers has a crispy crumb coating on the outside while retaining the juicy, tender flavour on the inside.

Made from soya and wheat, these pre-cooked Plant-Protein Fingers can easily be heated in a pan or oven.

MEAT
FREE

HIGH IN
FIBRE

SOURCE
OF PROTEIN



CRISPY CRUMB COATING ON THE OUTSIDE WHILE RETAINING THE JUICY, TENDER FLAVOUR ON THE INSIDE



METHODS OF PREPARATION



Pan-fry

Pan-fry with 1 tablespoon of oil at medium heat for 6 mins or until golden brown, flip occasionally.



Oven

Preheat oven to 180°C. Bake in OVEN (CONVECTION) for 15 minutes or until golden brown, flip halfway through cooking.



Deep-fry

Add cooking oil to the fryer and pre-heat to 180°C. Deep fry for 2.5-3 minutes or until golden brown. Ready to serve.

HARVEST GOURMET™ FISH-FREE FINGERS (100G)

218 kcal

8.8 g

11.5 g

0.8 g

3.6 g

16.6 g

0.3 mg

415 mg



VS.



FISH FINGERS^ (100G)

277 kcal

11 g

16.2 g

3.7 g

1.5 g

21.7 g

28 mg

402 mg

CALORIES

PROTEIN

FAT

SATURATED FAT

DIETARY FIBRE

CARBOHYDRATES

CHOLESTEROL

SODIUM

^Nutritional information from U.S. DOA

INGREDIENTS

Water, Breadcrumbs (Wheat Flour (23%), Salt, Yeast, Rapeseed Oil, Paprika, Turmeric), Soya Protein (8%), Rapeseed Oil, Corn Starch, Batter (Wheat Flour (1.5%), Corn Starch, Oregano, Rosemary, Vinegar, Salt, Rapeseed Oil, Xanthan Gum), Vinegar, Stabilisers (Methyl Cellulose, Xanthan Gum), Flavouring, Salt, Yeast Extract.

Harvest
Gourmet™



SENSATIONAL BURGER

The Harvest Gourmet™ Sensational Burger gives you the real burger experience with no compromise on taste or texture.

The Harvest Gourmet™ Sensational Burger is made with simple, plant-protein ingredients: soy (no-GMO soy), wheat, beets, and coconut oil.

MEAT
FREE

HIGH IN
PROTEIN

GREAT TASTE
& JUICY
TEXTURE

NO GMO
SOY

ENTICING
SIZZLE
ON THE GRILL

BALANCED MEATY FLAVOUR AND GRILL NOTES

VERSATILE IN APPLICATIONS, SUPPORTS ALL EQUIPMENT

METHODS OF PREPARATION



Oven

Preheat oven to 200°C. Bake patty for 10 mins from frozen.



Pan-fry

Add 1 tablespoon of oil. PAN-FRY at 150°C - 170°C for 7 mins from frozen, flip occasionally.



Deep-fry

DEEP-FRY at 170°C, 3 mins from frozen, defrosting not recommended.

HARVEST GOURMET™ SENSATIONAL BURGER (100G)

187 kcal

12.4 g

12.7 g

3.9 g

5.3 g

2.2 g

0.2 mg

360 mg



VS.



CALORIES

PROTEIN

FAT

SATURATED FAT

DIETARY FIBRE

CARBOHYDRATES

CHOLESTEROL

SODIUM

RAW BEEF PATTY^ (100G)

204 kcal

14.6 g

15.7 g

6.3 g

-

-

53 mg

74 g

^Nutritional Information from FitBit

INGREDIENTS

Water, Soya Protein (18%), Vegetable Oils (Rapeseed, Coconut), Flavourings, Vinegar, Stabiliser (Methyl Cellulose), Salt, Barley Malt Extract (Gluten), Colours From Fruits and Vegetable Concentrates (0.1%) (Carrot, Beetroot, Blackcurrant).



NUGGETS

Harvest Gourmet™ Nuggets is a nutritious snack popular amongst kids and grownups, giving the same tender and juicy taste along with a crunchy bite just like 'chicken' nuggets.

A photograph of a wooden serving board with a white paper liner. On the board is a pile of golden-brown, breaded nuggets. One nugget is broken in half, revealing a white, tender interior. To the left of the nuggets is a small white bowl containing a fresh salad with green lettuce, purple onions, and red tomatoes. To the right is another small white bowl filled with a red, chunky dipping sauce. Four circular callout boxes with white borders and lines pointing to the nuggets are overlaid on the image, each containing a specific product benefit.

MEAT
FREE

HIGH IN
PROTEIN

NATURAL
COLOURS AND
PRESERVATIVES

NO GMO
SOY

CRISPY CRUMB COATING WITH JUICY, TENDER FLAVOUR, EASY ADDITION TO ANY DISH

METHODS OF PREPARATION



Oven

Bake for 10-12 min from frozen in the middle of the oven until golden brown. Defrosting not recommended.



Pan-fry

Pre-heat pan with a little oil at medium heat for 1 min. Cook nuggets for 7-9 min from frozen at medium heat. Turning regularly.



Deep-fry

Deep fry at 170°C for 3 min. Internal temperature after cooking 70°C

HARVEST GOURMET™ NUGGET (100G)

224 kcal

11.8 g

11.8 g

0.8 g

5.6 g

14.8 g

0.3 mg

394 mg



VS.



CALORIES

PROTEIN

FAT

SATURATED FAT

DIETARY FIBRE

CARBOHYDRATES

CHOLESTEROL

SODIUM

CHICKEN NUGGET^ (100G)

234 kcal

7.7 g

15 g

4.7 g

-

18 g

8 mg

284 mg

^Nutritional Information from FitBit

INGREDIENTS

Water, Soya Protein (14.8%), Bread-Crumbs (Wheat Flour, Salt, Yeast, Rapeseed Oil, Paprika), Rapeseed Oil, Wheat Flour (3.2%), Corn Starch, Flavouring, Vinegar, Stabilizer (Methyl Cellulose, Guar Gum), Citrus Fibre, Salt, Onion, Garlic.



SENSATIONAL STIR FRY MINCE

Harvest Gourmet™ Stir Fry Mince is made entirely from plants and will offer you an incredible juicy and tasty experience just like minced chicken.

Can be formed or crumbled and used in any of your favourite mince dishes

MEAT
FREE

PLANT
BASED

COLOURS
OF PLANT
ORIGIN

14.8G
PROTEIN
PER 100G

SOURCE
OF FIBER



VERSATILE IN APPLICATIONS, USE IT IN ANY OF YOUR FAVOURITE MINCE DISHES

METHODS OF PREPARATION



Oven

Bake the Stir Fry Mince in the middle of a preheated oven for 4 - 5 minutes. Turn halfway.



Pan-fry

Heat butter and/or (olive) oil and fry the Stir Fry Mince at a moderate temperature for 2 - 3 minutes. Turning regularly.



Deep-fry

Deep fry at 170°C for 1 min. Internal temperature after cooking 70°C.

HARVEST GOURMET™ STIR FRY MINCE (100G)

203 kcal

14.8 g

13.7 g

4.5 g

6.0 g

2.1 g

0.18 mg

340 mg



VS.



CALORIES

PROTEIN

FAT

SATURATED FAT

DIETARY FIBRE

CARBOHYDRATES

CHOLESTEROL

SODIUM

CHICKEN MINCE^ (100G)

152 kcal

19.6 g

8.0 g

2.2 g

-

-

93.8 mg

116 mg

^Nutritional Information from FitBit

INGREDIENTS

Soya protein (20%), Vegetable oil (Rapeseed, Coconut), Vinegar, Wheat Gluten (1.9%), Stabilizer (E461), Flavourings, Salt, Garlic, Colours from vegetables concentrates (Beetroot, Carrot, Paprika), Antioxidant (Ascorbic acid). Food Additives Are Of Plant Or Synthetic Origin.

Harvest
Gourmet™



CUTLET

Harvest Gourmet™ Cutlet combines a crispy crumb coating on the outside with a juicy, tender flavour on the inside, which tastes and smells like a real chicken cutlet.

Harvest Gourmet Cutlet is pre-cooked and can be easily warmed in the oven or fryer. You can serve it as a main course or simply be added into existing meals.

MEAT
FREE

HIGH IN
PROTEIN

CRISPY
CRUMB
COATING

14.8G
PROTEIN
PER 100G

JUICY AND
TENDER
INSIDE

CRISPY CRUMB COATING WITH JUICY, TENDER FLAVOUR

VERSATILE APPLICATION, EASY ADDITION TO ANY DISH



METHODS OF PREPARATION



Oven

Bake the Plant-Based Cutlet in the middle of a preheated oven for 4 - 5 minutes. Turn halfway.



Pan-fry

Heat butter and/or (olive) oil and fry the Plant-Based Cutlet at a moderate temperature for 2 - 3 minutes. Turning regularly.



Deep-fry

Deep fry at 170°C for 2.5 min. Internal temperature after cooking 70°C.

HARVEST GOURMET™ CUTLET (100G)

243 kcal

16.4 g

12.1 g

0.9 g

6.8 g

13.6 g

1.7 mg

445 mg



VS.



CALORIES

PROTEIN

FAT

SATURATED FAT

DIETARY FIBRE

CARBOHYDRATES

CHOLESTEROL

SODIUM

CUTLET^ (100G)

246 kcal

9.2 g

113.7 g

3.6 g

0 g

21.5 g

0 mg

560 mg

^Nutritional Information from FitBit

INGREDIENTS

Water, Bread Crumbs [Wheat Flour (Gluten), Vegetable Oil (Rapeseed), Water, Yeast, Salt, Paprika, Turmeric], Soya Protein (14%), Seasoned Batter [Water, Wheat Flour (Gluten), Tomato Puree, Paprika, Onion, Vinegar, Salt, Garlic, Yeast, Vegetable Oil (Rapeseed)], Vegetable Oil (Rapeseed), Wheat Gluten(1.8%), Flavourings, Vinegar, Corn Starch, Stabiliser (Methyl Cellulose), Citrus Fibre, Salt, Onion, Garlic, Antioxidant (Ascorbic Acid).

Harvest
Gourmet™



CHARGRILLED PIECES

Harvest Gourmet™ Chargrilled Pieces are a versatile, pre-cooked product with an authentic smokey taste.

Prepare them in the same way as chicken pieces and liven up a variety of meals. Harvest Gourmet Chargrilled Pieces have authentic grilled sear marks and provide a satisfying smoky taste

MEAT
FREE

HIGH IN
PROTEIN

SATISFYING
SMOKY
TASTE

14.8G
PROTEIN
PER 100G

WITH
GRILLED
SEAR MARKS



AUTHENTIC GRILLED SEAR MARKS SATISFYING SMOKED TASTE, VERSATILE IN APPLICATIONS, AN EASY ADDITION TO ANY DISH

METHODS OF PREPARATION



Oven

Oven at 180°C, if frozen 12-15 mins, if defrosted 9-12 mins



Pan-fry

Heat butter and/or (olive) oil and fry the Chargrilled Pieces at a moderate temperature for 2 – 3 minutes. Turning regularly.



Deep-fry

Deep fry at 170°C for 1 min. Internal temperature after cooking 70°C.

HARVEST GOURMET™ CHARGRILLED PIECES (100G)

199 kcal

23.2 g

9.1 g

0.6 g

8.1 g

1.9 g

1.6 mg

389 mg



VS.



CALORIES

PROTEIN

FAT

SATURATED FAT

DIETARY FIBRE

CARBOHYDRATES

CHOLESTEROL

SODIUM

NUGGETS^ (100G)

289 kcal

13.4 g

18.6 g

3.1 g

1.0 g

18.6 g

41.2 mg

557 mg

^Nutritional Information from FitBit

INGREDIENTS

Water, Soya Protein (17%), Rapeseed Oil, Wheat Gluten (7%), Apple Puree, Yeast Extract, Vinegar, Stabiliser (Methyl Cellulose), Onion, Citrus Fibre, Corn Starch, Garlic, Salt, Black Pepper, Antioxidant (Ascorbic Acid).

HARVEST GOURMET PRODUCT INFO

SKU	CRISPY FISH-FREE FINGERS	NUGGETS	SENSATIONAL STIR FRY MINCE	SENSATIONAL BURGER	CHARGRILLED PIECES	CUTLET
PRODUCT VISUAL						
PRODUCT CONFIGURATION	2 x 2kg	2 x 2kg	6 x (2x500g)	2 x 2kg	2 x 2kg	2 x 2kg
WEIGHT/piece	30g	21g	-	94g	5 - 7g*	90g
PRODUCT HIGHLIGHT	The ultimate catch with a delectable crispy coating and a succulent center	Same tender and juicy taste along with a crunchy bite just like chicken nuggets	Versatile, easily shapeable & juicy mince just like minced chicken	The real burger experience, delicious and juicy	Pre-cooked chargrilled pieces with authentic smoking taste	Crispy crumb coating on the outside & a juicy tender texture on the inside
PRODUCT BENEFITS						
SHELF LIFE	12m	12m	12m	12m	15m	15m
STORAGE CONDITIONS	Store at -18° C. Once defrosted, do not refreeze					

*varies, recommended to measure by total weight

HARVEST GOURMET™ STIR FRY MINCE



STIR FRY MINCE WITH BASIL LEAVES



INGREDIENTS

300g	HARVEST GOURMET™ Stir Fry Mince
20g	Shallot oil
4 cloves	Garlic
3 sprigs	Bird's eye chilli
1 Tbsp	MAGGI® Oyster Sauce
1 Tsp	Fish sauce
2 Tsp	Light soya sauce
1 Tsp	Thick soya sauce
3 Tbsp	Water
2 Tsp	Brown Sugar
100g	Basil leaf

METHOD

1. Heat a skillet, fry the garlic and bird's eye chili until fragrant.
2. Add **HARVEST GOURMET™ Stir Fry Mince**, mix until half cooked.
3. Mix well MAGGI® Oyster Sauce, fish sauce, light soy sauce, thick soy sauce, water and sugar. Add the sauce mixture, stir until thickened.
4. Add the thai basil leaves and turn off the heat. Mix well.



HARVEST GOURMET™ SENSATIONAL BURGER



SENSATIONAL BURGER



INGREDIENTS

10pcs	HARVEST GOURMET™ Sensational Burger
10pcs	Brioche buns
500g	Julienne of carrots
1pcs	Zucchini
400g	Avocado
2pcs	Lime
4pcs	Red onions
50ml	Low fat mayo or vegan mayo
150ml	Ketchup
15g	Hot sauce
50ml	Olive oil

METHOD

1. Slice the zucchini into 20 slices. Pan-fry in olive oil with salt and pepper.
2. Using a fork, smash the avocados into a purée. Add the lime juice, salt, pepper and half of the hot sauce. Cut the red onions into neat slices.
3. Mix the mayonnaise with the ketchup and the rest of the hot sauce to create a cocktail sauce.
4. Grill the **HARVEST GOURMET™ Sensational Burger**, toasting the brioche bun at the same time.
5. Cover the bottom of the bun with sauce. Place the grilled zucchini slices, the grilled **HARVEST GOURMET™ Sensational Burger**, the guacamole, the julienne of carrots, the sliced onions at the top of the bun and stack the burger. Serve hot.



HARVEST GOURMET™ CHARGRILLED PIECES



PANEER DOSA CHARGRILLED PIECES



INGREDIENTS

Chargrilled Pieces

255g	Harvest Gourmet™ Chargrilled Pieces
1/2 cup	Chopped onion
1 inches	Cinnamon stick
2 nos	Green cardamom
1 tsp	Ginger paste
2 tsp	Coriander powder
1 cup	Water
2 tsp	Cumin powder
1 tbs	Garam masala powder
1 tbs	Ghee
4 tbs	Mustard oil
1/2 cup	Minced tomato
3 tsp	Coriander leaves
2 pieces	Bay leaf
1 nos	Black cardamom
2 tsp	Garlic paste
1 tsp	Powdered turmeric
2 tsp	Red Chilli powder
2 nos	Green Chillies
2 tsp	Kasoori methi powder

Dosa

1/2 cup	Whole skinned urad dal
1 1/2 cup	Rice
	Paneer
	Oil

METHOD

Chargrilled Pieces

1. Cut the Chargrilled Pieces into the desired shape. Add oil and ghee in a pan and heat over medium flame.
2. When the oil is hot enough, add bay leaves and both the cardamom and cinnamon. Sauté for a minute and then add finely chopped onion into it. Cook till onions turn pink then add the ginger-garlic paste.
3. Fry for a minute and add chicken pieces in. Quickly add red chilli powder, coriander powder, turmeric, cumin powder, and salt to taste. Stir to mix all the ingredients well with the chicken. Cook for a minute and then add finely chopped tomatoes and green chillies. Cook until it gets dry.
4. Add in the Chargrilled Pieces in the mixture, remove the lid and garnish with garam masala powder, coriander leaves, kasoori methi powder and cook on high flame till the oil separates and ready to serve.

Dosa

1. Add enough water to the fermented batter until you have smooth consistency in a pouring state. Make sure the batter is not too watery though, it should be thick-ish and able to fall off your spoon easily.
2. Heat iron griddle and grease lightly with the oil. Pour about 1/2 cup batter to the centre of the griddle. Using the back of your ladle, gently spread the batter with a circular motion from the centre towards the sides of the griddle.
3. Drizzle about 1 tsp of oil around the edges of the dosa and add a few sprinkles on the top as well. Crumble some paneer on top of the dosa. Flip the dosa to half moon shape and ready to eat.

HARVEST GOURMET™ PLANT-BASED CUTLET



CURRY KATSU



INGREDIENTS

10PCS	HARVEST GOURMET™ Plant-Based Cutlet
1kg	Cooked japanese rice
500g	Spring cabbage
300g	Japanese curry paste
250g	Carrot
600g	Potato
1kg	Onion
60ml	Cooking oil
1.5lt	Water

METHOD

1. To prepare Japanese Curry. Heat up a big pot on stove over medium heat. Add in oil and sweat the minced onions for 10mins. Add in cut potatoes, carrots and cook for 5mins. Add water and bring to boil. Reduce heat and let simmer for 10mins.
2. Add in Japanese Curry Paste into stock, stir until well dissolved and bring to boil. Add spring cabbage into the curry and bring to boil.
3. Let simmer for another 10mins. Set aside.
4. Deep-fried Frozen **HARVEST GOURMET™ Plant-Based Cutlet** in preheated cooking oil (170°C) for 2min 30sec. Remove from oil and drain off excess oil (internal temperature >70°C). Cut into strips and set aside.
5. To assemble. Place Cooked Japanese rice on the required serving plate. Followed by cuts of the **HARVEST GOURMET™ Plant-Based Cutlet**, then pour Japanese Curry at the side of Plant-Based Cutlet Katsu. Ready to Serve.





SCAN HERE FOR
HARVEST GOURMET
RECIPES!



The Harvest Gourmet logo features the brand name in a green, sans-serif font with a small green leaf icon above the 'v' in 'Harvest'.

Harvest
Gourmet™

The Nestlé Professional logo features a stylized orange and red 'C' icon to the left of the word 'Nestlé' in a bold, sans-serif font, with 'PROFESSIONAL®' in a smaller, all-caps font below it.

Nestlé
PROFESSIONAL®

**READY TO PUT
HARVEST GOURMET
ON YOUR MENUS?**

attach name card here

For more culinary inspirations,

 1-800-88-3433

 www.nestleprofessional.com.my

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