



Real Vegetable Meat

WHEN YOU CARE WHAT YOU EAT

Allergen Declaration:
Tree Nut
(Cashew in the sauce)

Prep time: 20 minutes

Total time: 30 minutes

Nutrition Facts	
Servings	2
Serving size 3.2 oz of RVM Breakfast + Veg & Sauce	
Amount per serving	
Calories	662
% Daily Value*	
Total Fat 29g	44%
Saturated Fat 6.9g	34%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 373mg	16%
Total Carbohydrate 91g	30%
Dietary Fiber 27g	107%
Total Sugars 6g	
Added Sugars 2g	
Protein 24g	48%
Vitamin C 77mg	130%
Calcium 156mg	16%
Iron 8.9mg	50%
Potassium 1778mg	50%
Vitamin A 10775IU	210%

*The % Daily Values tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

RVM™ Breakfast & Roasted Veggie Deconstructed Gluten-free Benedict

RVM Breakfast patty on crispy shredded russet hash browned potatoes, smothered in artichoke cashew hollandaise with roasted red pepper, broccoli, and cauliflower

1



Pre-heat Pan & Oven, Cook Hash Browns*

Pre-heat oven to 425°F.

Coat skillet with **oil**, add **crushed garlic** and **sprigs of fresh thyme & sage**. Heat skillet on stove to med. (375°F).

Open **Simply Potatoes®**. Flatten **1 cup potato portions** into hot pan firmly with a spatula. Add **salt & pepper**.

*Browning takes 15 – 20 min.

2



Roast Veggies

Cut bite size florets from **broccoli** and **cauliflower** and similar sized squares of **red pepper**. Place them all in a bowl, drizzle with **pure olive oil** and **salt & pepper** to taste.

Space pieces evenly on a sheet pan, and place into the oven. Set timer for 15-20 minutes, checking for desired tenderness /color.

3



Prepare Hollandaise

Place **cashews**, **2 Tbs dijon mustard**, **lemon juice & rind** (to taste), artichoke hearts (no tough leaves) and the water from the jar and **tumeric** into s-blade food processor or blender.

Process to desired creaminess.

4



Flip Hash, Sear RVM™ Assemble

Flip **hash brown** in one piece. Reshape each **RVM Breakfast patty** into **3 medallions**. Add to pan and cook for ~2 min. per side. When **shredded potato** is sufficiently browned on side 2, move them to plates. Top with **RVM Breakfast medallions**, and a generous ladle of **hollandaise sauce**. Mound up with **charred vegetables** and top with **chopped cilantro**.

Recipe Tips:

- Cashew butter processes in 6-8 minutes from raw cashews.
- Don't touch potato 'til the flip.

Ingredients:

Protein

2 RVM Breakfast patty

Hash Brown

1 bag Simply Potatoes® (or pre-shaped)
2 garlic cloves
thyme and sage, fresh

Topping

1 cup broccoli florets
1 cup cauliflower florets
1 cup red pepper
¼ cup cilantro, fresh

Hollandaise

1 cup cashews
2 Tbs dijon mustard
1 lemon (juice & ¼ zest)
14 oz can artichoke hearts
¼ tsp tumeric (opt.)

Grab your:

- Large skillet
- S-blade food processor w/ grating disc or blender and grater
- Citrus juicer (lime)
- Knife
- Cutting board
- Turner/Spatula
- Sheet pan
- 3 qt pot



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