

Harvest  
Gourmet™

CRAFTED BY



Nestlé®

NEW



GOOD  
FOR YOU



GOOD FOR  
THE PLANET





# WHY CHOOSE

Harvest  
Gourmet™

 **100%  
PLANT-BASED**

**HIGH IN  
PROTEIN**

**SOURCE OF  
FIBRE**

**CHOLESTEROL  
FREE**



**SUSTAINABLE  
CONSUMPTION**

**MADE LOCALLY  
IN MALAYSIA**



**ALL OF THE TASTE  
NONE OF THE MEAT**

**VERSATILE &  
CONVENIENT**



**FROM PAN TO GRILL,  
OVEN TO AIR FRY**

**QUICK AND EASY  
TO PREPARE**



BY NESTLÉ WITH HALAL JAKIM

**CERTIFIED**



**MADE WITH INGREDIENTS  
YOU KNOW**





## SENSATIONAL BURGER



MADE WITH:



## JAPANESE PLANT-BASED KATSU CURRY



MADE WITH:



## SWEET AND SOUR CHARGRILLED PIECES



MADE WITH:



## TOFU WITH PLANT-BASED MINCE



MADE WITH:



## CLASSIC ITALIAN SPAGHETTI BOLOGNESE



MADE WITH:







TASTY GOODNESS!  
TRY IT, BELIEVE IT.

NEW



MEAT  
FREE

0%  
CHOLESTEROL

LOW  
SATURATED  
FAT

GOOD  
FOR YOU

GOOD  
FOR THE  
PLANET

IN ONE SERVING OF  
HARVEST GOURMET™ PLANT-  
BASED NUGGETS (100G)

HIGH IN PROTEIN

IS EQUIVALENT  
TO PROTEIN IN

SOURCE OF FIBRE

IS EQUIVALENT  
TO FIBRE IN



=



1 PIECE OF TOFU (165G)

OR



APPROX. 2 EGGS (92G)



14 PCS OF BABY  
CARROTS (140G)

OR



1 CUP OF BROCCOLI  
(140G), BOILED

Comparison of protein and fibre content based on declared nutrient value for one serving of Harvest Gourmet™ Plant-Based Nuggets vs Soya bean curd and approx. 2 eggs for protein and baby carrots and broccoli (boiled) for fibre (Malaysia Food Composition Database, Energy and Nutrient Composition of Food, Health Promotion Board)



# HARVEST GOOD COOKING HABITS



180°C  
11-12 MINS

NEW



180°C  
11-12 MINS



180°C  
6-8 MINS

## MADE SIMPLE WITH PHILIPS AIR FRYER



HD9270/91

### RAPID AIR TECHNOLOGY

With its unique "starfish" design, swirls hot air to create delicious foods that are crispy on the outside and tender on the inside, with little to no added oil for healthier cooking.

XL Size 1.2KG up to 5 servings in one go, you can fry, roast, bake and grill, and many more.



## VISIT HARVESTGOURMET.MY FOR MORE INFO

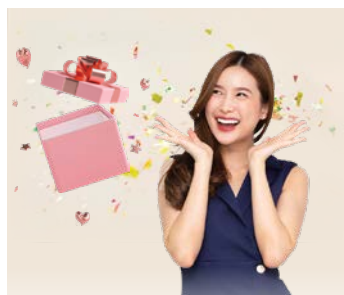
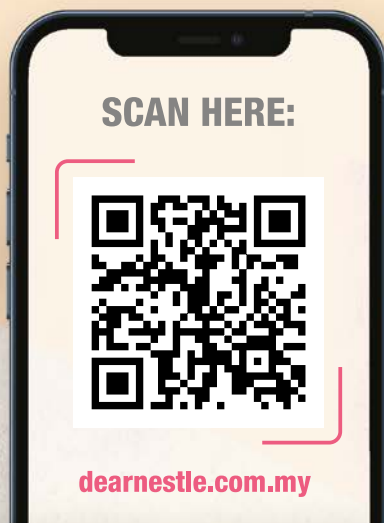


Dear Nestlé®

Harvest  
Gourmet™

# JOIN THE CLUB

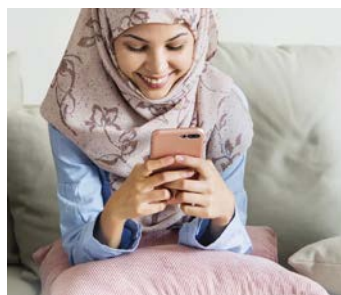
And enjoy these benefits!



Access to  
member-only specials  
and exciting prizes.



Exclusive recipes  
curated by chef and  
special guests.



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straight to your inbox.

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