

KETO KERALA EGG CURRY



SAVEUR PRODUCT USED

TANDOORI SPICE & KERALA FRIED RICE

SUBSTITUTIONS

Chicken, lamb, beef or pork can be added to fried rice for extra protein.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

2 brown or yellow onions, finely diced (2 cups)

1 bell pepper, finely diced (1.5 cups)

4 ripe tomatoes, roughly chopped (3 cups)

2 stalks celery, sliced thinly (1 cup)

1 tsp. Saveur Tandoori Spice

1 tsp. Saveur Kerala Fried Rice Spice

PREPARATION INGREDIENTS

8 eggs

2 tbsp. ghee

14 oz. (400ml) can of unsweetened coconut cream

1 head of cauliflower steamed and riced (or finely diced)

METHOD

Bag 1 – Combine diced vegetables and spices.

Remove air from bag to prevent freezer burn. Place bag into large freezer bag, label & date.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Hard boil, peel and halve 8 eggs. In a large pan, slowly brown the contents of the bag with 2 tbsp. ghee. Once the veggies are thoroughly cooked and are breaking down, pour in the can of coconut cream and add 1 tsp. Kerala Fried Rice Spice. Simmer for 4-5 mins, stirring occasionally. Carefully add the half eggs, cut side up, and simmer for a further 4-5 mins. Serve on cauliflower rice.

SERVING SUGGESTION: Great served with a dollop of natural yogurt. If you like your curry hot, add an extra teaspoon of Saveur Tandoori Spice. Take your rice to the next level by tossing with ¼ cup coconut cream and 1 tsp. Kerala Fried Rice Spice before serving.

