

# KETO SATAY CHICKEN WITH CAULIFLOWER FRIED RICE



## SAVEUR PRODUCT USED

SATAY SPICE & KERALA FRIED RICE

## SUBSTITUTIONS

Substitute chicken for beef, pork or tofu.

**MAKE, TAKE & FREEZE**

— with —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

### For the meat:

- 1 lb. (500g) boneless, skinless chicken breasts, thinly sliced**
- 1 brown or yellow onion, sliced (1 cup)**
- 1 bell pepper, sliced (1.5 cups)**
- 1 cup mushrooms, sliced**
- 3.5 oz. (100g) green beans, tips trimmed**
- 2 tbsp. soy sauce or coconut aminos**
- 2-3 tsp. [Saveur Satay Spice](#)**

### For the vegetables:

- 1 onion, finely diced (3/4 cup)**
- 1/2 cup mushrooms, diced**
- 1/2 cup celery, chopped**
- 1 pepper, finely diced (3/4 cup)**
- 3.5 oz. (100g) green beans, finely diced**
- 1 tbsp. [Bragg Liquid Aminos](#)**
- 1 tbsp. [Saveur Kerala Fried Rice Spice](#)**

## PREPARATION INGREDIENTS

- 2 tbsp. ghee**
- 14 oz. (400ml) can coconut cream**
- 1/4 cup almond butter**
- 1 egg**
- 1/4 cup nuts/seeds of choice, roasted**
- 4 cups of cooked cauliflower rice**

## METHOD

Bag 1 (large) – Mix chicken and sliced veggies with liquid aminos and spices.

Bag 2 (medium) – Combine diced veggies with liquid aminos and spices.

Remove all air from bags to prevent freezer burn. Place into large freezer bag, label, date and freeze until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

In a wok or large frypan, brown the contents of Bag 1 in 1 tbsp. ghee. Add nut butter and mix well, working quickly to ensure it doesn't burn. Once combined, add coconut cream and reduce to a simmer. Stir occasionally as it thickens. Once thickened, remove from heat and set aside. In a separate wok or large frypan, brown the contents of Bag 2 in 1 tbsp. ghee. Crack egg over the top, stirring quickly, as it cooks. Remove vegetables from heat, add cauliflower rice and mix well. Serve the chicken on top of the fried rice.

Note: For a milder dish, use 2 tsp. Satay Spice. For a "medium" heat level, use 3 tsp. Satay Spice.

