

KETO TAKE-IN PIZZA BBQ BEEF AND TANDOORI CHICKEN



SAVEUR PRODUCT USED

SAFARI RUB & TANDOORI SPICE & PIZZA SPICE

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

- 5.28 oz. (150g) beef steak, thinly sliced**
- 1 tsp. barbecue sauce**
- 1 tsp. *Saveur Safari Rub***
- 7 oz. (200g) chicken breast, thinly sliced**
- 1 tbsp. Greek or natural yogurt**
- 1 tsp. *Saveur Tandoori Spice***
- 1 tsp. *Saveur Pizza Spice***
- 1 small onion, sliced finely**
- 1 small bell pepper, sliced**
- 3.5 oz. (100g) nitrate-free bacon, diced**
- 3.5 oz. (100g) mushrooms, sliced**

PREPARATION INGREDIENTS

For pizza crust:

- ½ lb. (250g) cheese, grated**
- 6 oz. (170g) almond meal or almond flour**
- 4 tbsp. cream cheese**
- 2 eggs**
- Pinch of salt**
- 2 tsp. *Saveur Pizza Spice***

For toppings:

- Handful of baby spinach leaves (20g)**
- 4 tbsp. tomato paste**
- 9 oz. (250g) mozzarella cheese, grated**

METHOD

Bag 1 – Mix thinly sliced beef, barbecue sauce and Safari Rub in a small bowl. Add to small zip-top bag. **Bag 2** – Mix thinly sliced chicken, 1 tbsp. yogurt and 1 tsp. Tandoori Spice in a small bowl. Add to small zip-top bag. **Bag 3** – In a small zip-top bag, add ½ the onion, ½ the pepper, all the bacon and all the mushrooms. **Bag 4** – In a small zip-top bag add the rest of the onion and the pepper.

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

COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Preheat oven to 400°F (200°C). To make crust, mix the grated cheese and almond meal in a microwavable bowl. Add the cream cheese. Microwave on high for 1 minute. Stir the mixture, then microwave for a further 30 seconds. Add the egg and spices, mix gently. Split mix into two equal pieces to create two crusts. Place first crust in between 2 pieces of parchment paper and roll into the desired shape. Repeat with the second crust. Remove top piece of parchment paper. If crust becomes hard, microwave for further 10-20 seconds without parchment paper. Microwaving the crust for too long will cause egg to cook. Prick the crusts all over with a fork to ensure consistent cooking. Place crusts on individual trays and bake at 425°F (220°C) for 12-15 minutes, or until brown. Crusts can be flipped mid-way through baking. Mix tomato paste and Pizza Spice together and spread on baked crusts. Sprinkle with cheese. Add contents of Bags 1 and 3 on one pizza crust, and Bags 2 and 4 on the other. Place pizzas on individual trays and cook for 15 minutes, checking regularly. Top the Tandoori Chicken pizza with a handful of baby spinach as it comes out of the oven and allow to wilt slightly for a few minutes.

Serve with salad as a side.

