KETO
BEEF & BROCCOLI STIR-FRY
WITH CAULIFLOWER RICE

SAVOUR PRODUCT USED
WOK SPICE & SEASONED SALT

SUBSTITUTIONS
Chicken, firm flesh white fish or tempeh can be substituted

FREEZER WORKSHOP INGREDIENTS
For the beef:
½ tsp. baking soda
1 tbsp. soy/tamari or coconut aminos
1 tsp. SAVOUR Wok Spice
½ tsp. SAVOUR Seasoned Salt
1 tbsp. tamari or coconut aminos
1 lb. (500g) beef, thinly sliced

For the vegetables:
1 tbsp tamari or coconut aminos
3 cups broccoli florets
3 cups sliced vegetables of choice (pepper, green beans, pumpkin, shallots)
1 tsp. SAVOUR Wok Spice

PREPARATION INGREDIENTS
½ head cauliflower
2 tbsp. ghee
⅛ cup water
1 tsp. almond flour

METHOD
BAG 1 – In a medium zip-top bag, add baking soda, 1 tbsp. tamari, 1 tsp. Wok Spice and Seasoned Salt. Gently mix. (Note: This may fizz a little from baking soda, however, this will help to tenderize the beef.) Add beef strips, seal, shake to coat beef.

BAG 2 – In a large zip-top bag, place all vegetables, 1 tbsp. tamari, and the remaining teaspoon of Wok Spice. Shake to coat.

Place Bag 1 and 2 into a large freezer bag. Label and place in your freezer.

COOKING INSTRUCTIONS
Defrost completely in fridge overnight following safe thaw instructions.

Cut cauliflower into sections and steam. Once cooked, finely dice or place in food processor until it resembles rice. Place 1 tbsp. ghee in wok or large frying pan. Brown beef and remove from pan. Place 1 tbsp. ghee in pan and brown vegetables. Add ½ cup water and allow to simmer, stirring occasionally. Mix 1 tsp. almond flour with ⅛ cup water and add to wok to thicken sauce. Toss beef through and serve on cauliflower rice.
KETO CHICKEN GOULASH

SAVEUR PRODUCT USED
TAGINE SPICE & CREAMY DILL MIX

SUBSTITUTIONS
Vegetables or Tofu can be substituted.

FREEZER WORKSHOP INGREDIENTS
6 boneless, skinless chicken thighs, chopped (about 1 lb./500g)
1 brown onion, thickly sliced (1 cup)
½ lb. (250g) button mushrooms
1 red pepper, chopped
2 garlic cloves, crushed
14 oz. (400g) can cherry tomatoes in juice
2 tsp. Saveur Tagine Spice
1 tbsp. Saveur Creamy Dill Mix

PREPARATION INGREDIENTS
2 tbsp. tomato paste (sugar free)
2 tbsp. sour cream
2 tbsp. fresh chives, chopped
3 zucchini (cut into “zoodles” using a spiralizer or mandolin)

METHOD
Combine all ingredients into a large freezer bag. Toss to combine. Ensure all air is removed to avoid freezer burn. Label and place in your freezer.

COOKING INSTRUCTIONS
Defrost overnight in refrigerator, following safe thaw instructions.

Slow Cooker Instructions
Place contents from the bag into a slow cooker. Cook for 4-6 hours on low. Add tomato paste ½ hour at end of cooking time to allow to thicken.

Oven Instructions
Place mixture into casserole dish and cook in oven at 350°F (180°C) for 1 hour. Add tomato paste 10 minutes at end of cooking time to allow to thicken.

Prepare zoodles. Serve goulash on bed of zoodles with sour cream and fresh chives.
KETO DOWNUNDER MEATLOAF

SAVEUR PRODUCT USED
DOWNUNDER GOURMET GRILL RUB & CREAMY DILL MIX

SUBSTITUTIONS
Chicken, turkey or tofurkey can be substituted.

FREEZER WORKSHOP INGREDIENTS
1 lb. (500g) ground beef
½ lb. (300g) ground pork or veal
1 brown or yellow onion, chopped (1 cup)
2 garlic cloves
2 tbsp. tomato paste (sugar free)
1 tbsp. chia seeds
1 egg
1 tbsp. whole seed mustard
1 tbsp. Worcestershire sauce
2 tsp. Saveur Downunder Gourmet Grill Rub
1 tbsp. Saveur Creamy Dill Mix

PREPARATION INGREDIENTS
1 tbsp. ghee
1/2 cup tomato sauce
1 lb. (500g) cauliflower, chopped and boiled
1 tbsp. butter
1 tbsp. Saveur Creamy Dill Mix
3 cups steamed green vegetables of choice

METHOD
Finely dice onion and garlic and place in a large bowl. Add all other ingredients and mix well until evenly combined. Shape the mix into a meatloaf shape and place in a large zip-top bag. Press the bag tightly against the meatloaf to remove excess air. This helps prevent freezer burn. Place in freezer until ready to use.

COOKING INSTRUCTIONS
Defrost completely in fridge overnight following safe thaw instructions.

Preheat oven to 350°F (180°C). Grease loaf pan with ghee and press in the meat mixture. Spread tomato sauce on top and bake in oven for 1 hour. Place boiled cauliflower into a food processor and blend until cauliflower is smooth. Once cauliflower is blitzed, mix in butter and Saveur Creamy Dill Mix. When meatloaf is cooked, drain off extra liquid. Slice the meatloaf in ½” (1.5cm) slices. Serve meatloaf on mash with a side of greens.

Note: Meatloaf can be made into meatballs or burger patties as an option.
**KETO MOROCCAN CHICKEN**

**FREEZER WORKSHOP INGREDIENTS**
- 6-8 chicken thigh fillets (1 lb./500g)
- 1 cup passata/crushed tomatoes/sugar free tomato sauce
- 1 cup brown/yellow onion, diced
- 1 cup diced red pepper
- 5.3 oz. (150g) spinach leaves
- 1-2 tsp. Saveur Tagine Spice
- 1 tsp. Saveur Seasoned Salt

**PREPARATION INGREDIENTS**
- 2 cups cauliflower rice
- 1 cup Greek yogurt
- 1 tbsp. Saveur Creamy Dill Mix
- 2 tbsp. fresh mint, chopped
- 1 lemon, cut into wedges

**METHOD**
Place all ingredients in a large zip-top bag and toss to combine. Remove all air from bag. Place into large freezer bag and freeze until ready to use.

**COOKING INSTRUCTIONS**
Defrost completely in fridge overnight following safe thaw instructions.
Place all ingredients in an oven safe dish. Cover and bake for 30 minutes at 350°F (180°C).
Uncover and bake for a further 15-20 minutes.
Mix Creamy Dill Mix & mint in yogurt. Allow to sit in fridge for 30mins for flavours to develop.
Serve chicken on cauliflower rice with yoghurt and lemon
KETO SLOW COOKER CHILI

SAVEUR PRODUCT USED
- CHILI SPICE
- SEASONED SALT
- CINNAMON BLEND BAKING SPICE

SUBSTITUTIONS
Pork can be substituted.

METHOD
Bag 1 – Combine chicken, spices, garlic, stock and 1 can tomatoes. Mix well.
Bag 2 – Combine onion, jalapeño, mushrooms, remaining tomatoes. Mix.

COOKING INSTRUCTIONS
Defrost completely in fridge overnight following safe thaw instructions.
Empty the ingredients from both bags into slow cooker and cook on high for 3-4 hours or on low for 6-7 hours. If using pork or chicken, shred before serving. Tomato paste can be added to thicken sauce, if there’s too much liquid. Serve with your choice of toppings.

FREEZER WORKSHOP INGREDIENTS
- 6 chicken thighs (1 lb./500g)
- 3 garlic cloves, minced
- 2-3 tsp. Saveur Chili Spice
- 1 tsp. Saveur Cinnamon Blend Baking Spice
- 1 tsp. Saveur Seasoned Salt
- 14 oz. (400g) can diced tomatoes
- ½ cup chicken stock
- 1 cup diced brown onion
- 1 diced jalapeño pepper or 3 tbsp. bottled jalapeños, diced finely (can be adjusted according to preferred spice level)
- 1 cup mushrooms, cut in quarters (if making vegetarian version, use 2 cups of mushrooms)
- 14 oz. (400g) can diced tomatoes

PREPARATION INGREDIENTS
- Lime wedges
- Diced avocado
- Sliced shallots
- Halved cherry tomatoes
- Fresh cilantro
KETO VEGETABLE SOUP

SAVEUR PRODUCT USED
DOWNUNDER GOURMET GRILL RUB, CINNAMON BLEND BAKING SPICE

SUBSTITUTIONS
Ground chicken, turkey or beef can be added.

FREEZER WORKSHOP INGREDIENTS
1 tbsp. ghee
1 medium onion, diced (1 cup)
2 cups pumpkin, diced
2 stalks celery, diced (1 cup)
1 garlic clove, minced
1 medium zucchini, diced (1 cup)
1 cup button mushrooms, sliced
14 oz. (400g) can diced tomatoes
14 oz. (400g) can broad beans
2 tsp. Saveur Downunder Gourmet Grill Rub
1 tsp. Saveur Cinnamon Blend Baking Spice

If using ground meat:
½ lb. ground meat
1 tsp. Saveur Downunder Gourmet Grill Rub
2 tsp. tomato paste (sugar free)

PREPARATION INGREDIENTS
4 cups vegetable stock
½ cup Italian parsley, chopped
1 tbsp. red wine vinegar

METHOD

For a vegetarian soup, only make Bags 1 and 2. For a heartier meal, make Bags 1, 2, and 3. You’ll create meatballs using Bag 3 when you’re ready to serve the soup.

Bag 1 - Add ghee, onion, pumpkin, celery, and garlic to a zip-top bag. Bag 2 - Add zucchini, diced tomatoes, beans, mushrooms, and spices to a zip-top bag. Bag 3 (Optional) - Add ground meat with 1 tsp. Downunder Gourmet Grill Rub and 2 tsp. tomato paste to a zip-top bag. Mix well.

Remove all air from bags to prevent freezer burn. Place all bags into one large zip-top bag. Label and freeze.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Add contents of Bag 1 to a large saucepan and cook on medium heat to allow vegetables to soften. Add Bag 2 and the vegetable stock to the saucepan. Continue to cook on low heat for 20 minutes. Stir in parsley. Cook for a further minute. If adding ground meat, roll approx 1 tbsp between palms to create balls. Add meatballs to soup 5 minutes before cooking time is finished. Remove saucepan from heat once meatballs are cooked. Gently stir in red wine vinegar. Taste and season with additional Seasoned Salt and pepper if desired.