

KETO BEEF & BROCCOLI STIR-FRY WITH CAULIFLOWER RICE



SAVEUR PRODUCT USED

WOK SPICE & SEASONED SALT

SUBSTITUTIONS

Chicken, firm flesh white fish or tempeh
can be substituted

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

For the beef:

½ tsp. baking soda

1 tbsp. soy/tamari or coconut aminos

1 tsp. *Saveur Wok Spice*

½ tsp. *Saveur 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. *Saveur Wok Spice*

PREPARATION INGREDIENTS

½ head cauliflower

2 tbsp. ghee

¾ 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 ¼ 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.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

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.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

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



MAKE, TAKE & FREEZE

— *with* —
SAVEUR

SAVEUR PRODUCT USED

TAGINE SPICE, DILL MIX, SEASONED SALT

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.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

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

METHOD

Bag 1 – Combine chicken, spices, garlic, stock and 1 can
tomatoes. Mix well.

Bag 2 – Combine onion, jalapeño, mushrooms, remaining
tomatoes. Mix.

Label and place in freezer. Ensure all air is removed from bags
to prevent freezer burn.

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.

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.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

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 1tbsp 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.

