

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.

