

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.

