

KETO CHICKEN & SPINACH ROLL-UPS



SAVEUR PRODUCT USED

PASTA SPICE, CALIFORNIA ONION MIX

SUBSTITUTIONS

Eggplant can be used in place of chicken as a vegetarian option.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

6 boneless, skinless chicken thighs
(1 lb./500g)

2 cups baby spinach

½ lb. (250g) cream cheese

2 tbsp. *Saveur California Onion Mix*

PREPARATION INGREDIENTS

14 oz. (400g) can diced tomatoes

1 cup shredded cheese

2 tsp. *Saveur Pasta Spice*

Salad or zoodles

METHOD

Mix cream cheese with California Onion Mix, set aside out of fridge. Place chicken thighs between cling wrap and pound until approx. ½" thick (5mm). Leave bottom layer of cling wrap on thigh. Top chicken with cream cheese and spinach covering ¾'s of chicken. Roll chicken in cling wrap. Continue flattening and filling the remaining chicken thighs.

Place all bags into large zip top bag, date, label and freeze until ready to use.

COOKING INSTRUCTIONS

Allow chicken to thaw overnight in the fridge, using safe thaw instructions. Remove cling wrap and place rolled chicken into baking dish. Mix diced tomatoes with Pasta Spice and pour on top of chicken. Top with shredded cheese.

Place in oven at 350°F (180°C) for 30-35 minutes. Ensure chicken is cooked, as temperatures can vary in ovens. Serve with salad or zoodles.

