

# KETO CHICKEN WITH RAINBOW VEGETABLES



## SAVEUR PRODUCT USED

GARLIC MIX & SAFARI RUB

## SUBSTITUTIONS

Substitute chicken with lamb or pork loin chops. Broccoli, cauliflower, bell pepper, butternut pumpkin/squash and red onions are delicious combinations to try. Serve with salad instead of baked vegetables for a lighter option.

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**6-8 chicken legs (1 lb./500-650g)**

**2 tbsp. coconut flour**

**1 tbsp. *Saveur Garlic Mix***

**1 tsp. *Saveur Safari Rub***

**6-8 cups mixed vegetables in a variety of colors**

**1 tbsp. *Saveur Garlic Mix***

## PREPARATION INGREDIENTS

**4 tbsp. ghee**

**½ cup Parmesan cheese, grated**

## METHOD

Bag 1 (large) – Place flour and spices in the bag first. Add chicken on top and seal the bag, without pressing out the air. Gently shake until the chicken is coated. Press air out of bag and seal.

Bag 2 (large) – Combine chopped vegetables and Garlic Mix and shake to coat vegetables with seasoning.

Remove air from bags to prevent freezer burn. Place both bags into a large freezer bag, label, and date until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Preheat oven to 350°F (180°C). Place contents of Bag 1 on a baking tray and brush with 2 tbsp. ghee. Bake for 30-40 minutes.

Place contents of Bag 2 on a separate baking tray and drizzle with remaining ghee. Sprinkle with grated Parmesan cheese and bake for 30-40 minutes.

