

KETO FISH PARCELS WITH CURRIED VEGETABLES



SAVEUR PRODUCT USED

CALIFORNIA ONION MIX, CEYLON CURRY SPICE

SUBSTITUTIONS

Substitute fish with chicken or firm tofu.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

4 white fish filets (approx. 1" or 2cm thick)

2 tbsp. ghee

2 tbsp. *Saveur California Onion Mix*

1 cup cauliflower florets

½ cup celery, diced

½ cup broccoli, chopped

½ cup red pepper, diced

½ cup yellow squash, diced

PREPARATION INGREDIENTS

1½ cups Greek yogurt

2 tsp. *Saveur Ceylon Curry Spice*

Juice of 1 lime

METHOD

Bag 1 – 4 squares of aluminium foil, 4 squares of baking paper. Place 1 piece of baking paper on top of foil, then place fish on top. Repeat with the rest of the fish. Mix ghee and California Onion Mix together and distribute evenly over fish. Wrap securely with cling wrap and place into large zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Bag 2 – Place all vegetables into zip-top bag. Ensure all air is out of bag to prevent freezer burn.

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

COOKING INSTRUCTIONS

Thaw in fridge overnight following the safe thaw instructions. Place fish still in alfoil unwrapped to allow to steam & 1Tbsp. water on a baking tray and bake at 390°F (200°C) for 15 minutes or until just cooked through. Mix the Ceylon Curry Spice with the Greek yogurt and lime juice. Set aside. Steam all vegetables together and serve with fish and curried Greek yogurt.

