

KETO MOROCCAN CHICKEN



MAKE, TAKE & FREEZE

— *with* —
SAVEUR

SAVEUR PRODUCT USED

TAGINE SPICE, DILL MIX, SEASONED SALT

FREEZER WORKSHOP INGREDIENTS

6-8 chicken thigh fillets (1 lb./500g)

**1 cup passata/crushed tomatoes/
sugar free tomato sauce**

1 cup brown/yellow onion, diced

1 cup diced red pepper

5.3 oz. (150g) spinach leaves

1-2 tsp. *Saveur Tagine Spice*

1 tsp. *Saveur Seasoned Salt*

PREPARATION INGREDIENTS

2 cups cauliflower rice

1 cup Greek yogurt

1 tbsp. *Saveur Creamy Dill Mix*

2 tbsp. fresh mint, chopped

1 lemon, cut into wedges

METHOD

Place all ingredients in a large zip-top bag and toss to combine. Remove all air from bag. Place into large freezer bag, label and freeze until ready to use.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Place all ingredients in an oven safe dish. Cover and bake for 30 minutes at 350°F (180°C).

Uncover and bake for a further 15-20 minutes.

Mix Creamy Dill Mix & mint in yogurt. Allow to sit in fridge for 30mins for flavours to develop.

Serve chicken on cauliflower rice with yoghurt and lemon.

