

KETO SHAKE 'N' BAKE CHICKEN WITH RAINBOW VEGETABLES



SAVEUR PRODUCT USED

GARLIC MIX & SAFARI RUB

SUBSTITUTIONS

Lamb or pork loin chops can be substituted.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

6-8 Chicken Legs 500-650g/1-1.2lb

2 tbsp. Coconut flour

1 tbsp. *Saveur Garlic Mix*

1 tsp. *Saveur Safari Rub*

6-8 cups mixed veg in a variety of colors (broccoli, cauliflower, capsicum/bell pepper, butternut pumpkin/squash and red onions work great together)

1 tbsp. *Saveur Garlic Mix*

PREPARATION INGREDIENTS

4 tbsp. Ghee

½ cup parmesan cheese

METHOD

Bag 1 - (large) - Place flour and spices in the bag first. Add chicken on top and seal the bag with air still in. Gently shake till the chicken is coated.

Bag 2 - (large) - Combine chopped vegetables and garlic mix.

Remove air from bags to prevent freezer burn. Place both bags into large freezer bag, label & date.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Preheat oven to 180C/350F. Place contents of Bag 1 on a baking tray and brush with 2T Ghee. Bake for 30-40 mins.

Place contents of bag 2 on a separate baking tray and drizzle with remaining ghee. Sprinkle with parmesan cheese and bake for 30-40mins.

SERVING SUGGESTION: Great served with salad rather than the veggie bake.

