

KETO STEAK WITH GARLIC BUTTER & VEGETABLES



SAVEUR PRODUCT USED

LOW N' SLOW BBQ SPICE OR CALIFORNIA ONION MIX AND ONION GARLIC RUB

SUBSTITUTIONS

Substitute steak for chicken, firm white fleshed fish or salmon, tempeh, or mushrooms.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

4 - 5.3 oz. (150g) grass-fed sirloin rump steak)

4.4 oz. (125g) unsalted butter

2 cups broccoli florets

1 lb. (500g) beans

1 pint (1 punnet) cherry tomatoes

1 tbsp. *Saveur* Low N' Slow BBQ Spice or 2 tbsp. *Saveur* California Onion Mix

2 tsp. *Saveur* Onion Garlic Rub

PREPARATION INGREDIENTS

1-2 tbsp. ghee

METHOD

Bag 1 – Place steak onto a cutting board or plate, rub with Low N' Slow BBQ Spice (or California Onion Mix for a milder flavor). Place parchment paper in between slices of steak. Place steaks into freezer bag in 1 flat layer. Ensure all air is out of bag to prevent freezer burn.

Bag 2 – Mix butter and 1 tbsp. Onion Garlic Rub together in a small bowl. Place butter mixture onto cling wrap or parchment paper and roll into a log. Twist the ends to seal and place into small zip-top bag.

Bag 3 – Place all vegetables into bag with 1 tbsp. California Onion Mix. Shake and seal.

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. Heat grill or hot plate with a little ghee. Cook steak to your desired doneness and set aside to rest. While cooking steak, place 1-2 tbsp. ghee in a pan. Add vegetables and cook until still crisp. Serve vegetables with steak and a knob of garlic butter on steak.

