

KETO SPANISH CHICKEN BAKE



SAVEUR PRODUCT USED

SPANISH PAELLA SPICE, SEASONED SALT, NUTMEG BLEND BAKING SPICE

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

4 chicken thigh cutlets (skin on/bone in)

2 tsp. *Saveur Spanish Paella Spice*

1 tbsp. ghee/olive oil

1½ tsp. *Saveur Seasoned Salt*

500G/1LB pumpkin large diced

1 red onion cut into wedges

½ tsp. *Saveur Nutmeg Blend Baking Spice*

PREPARATION INGREDIENTS

1 red capsicum/pepper seeded and coarsely chopped

1 zucchini, halved lengthways and thickly sliced diagonally

½ cup Kalamata olives

½ cup chicken stock

METHOD

BAG 1 - Mix together Spanish Paella Spice and Seasoned Salt. Rub on chicken thighs. Place into Zip Lock Bag.

BAG 2 - Mix together in bag the pumpkin & red onion with nutmeg and 1/2 tsp. Seasoned Salt until well covered. Seal.

Remove excess air to prevent freezer burn. Label, Date and place into freezer until ready to use.

COOKING INSTRUCTIONS

Preheat oven to 390°F/200°C.

Heat a large frying pan over medium heat. Add ghee/olive oil and cook chicken for 2 minutes each side or until golden brown. Transfer to a baking dish. Add the pumpkin and onion to the pan and cook, tossing for 5 minutes or until lightly golden.

Arrange the pumpkin, onion, capsicum/pepper, zucchini and olives around the chicken in the dish. Pour the stock around the chicken.

Bake for 35-40 minutes or until chicken is cooked through and vegetables are tender.

