

# REV90 SPANISH CHICKEN BAKE



## SAVEUR PRODUCT USED

SPANISH PAELLA SPICE, SEASONED SALT, NUTMEG BLEND BAKING SPICE

**MAKE, TAKE & FREEZE**

— with —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**Chicken thigh cutlets (skin on/bone in)**

**2 tsp. *Saveur Spanish Paella Spice***

**1 tsp. *Saveur Seasoned Salt***

**1 tbsp. avocado oil**

**1 large cauliflower, cut into florets**

**1 red onion, cut into wedges**

**½ tsp. *Saveur Nutmeg Blend Baking Spice***

**½ tsp. *Saveur Seasoned Salt***

## PREPARATION INGREDIENTS

**1 red pepper seeded and coarsely chopped**

**1 zucchini, halved lengthways and thickly sliced diagonally**

**½ cup chicken stock**

## METHOD

BAG 1 - Mix together Spanish Paella Spice and Seasoned Salt with avocado oil. Rub oil mixture onto chicken thighs. Place into zip-top bag.

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

Place bag 1 & 2 into a large ziptop bag. 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. Cook chicken for 2 minutes each side or until golden brown. Transfer to a baking dish. Add the cauliflower to the pan and cook, tossing for 5 minutes or until lightly golden.

Arrange the cauliflower, onions, peppers, 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.



# REV90 COFFEE CRUSTED LAMB WITH BLUEBERRIES



## SAVEUR PRODUCT USED

BE THE CHANGE COFFEE RUB, SEASONED SALT,  
GUACAMOLE MIX

**MAKE, TAKE & FREEZE**

— with —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**2 tbsp. *Saveur Be The Change Coffee Rub***

**1 clove garlic**

**1 tsp. *Saveur Seasoned Salt***

**500g lamb, diced into ½ cm cubes**

## PREPARATION INGREDIENTS

**3 large parsnips**

**1 tbsp. *Saveur Guacamole Mix***

**¼ cup brown/yellow onion, chopped**

**1 garlic clove, minced**

**1 cup fresh blueberries**

**½ cup apple cider vinegar**

**1 cup vegetable broth**

**½ tsp salt**

**Basil, chopped**

## METHOD

BAG 1 - Mix garlic, salt and coffee mix together. Add lamb to large zip-top bag. Pour in spice mix and rub well into meat. Seal and remove excess air to prevent freezer burn. Label, date and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

In a pot of hot water, boil parsnips until tender and drain almost all liquid. Retain enough liquid to mash. Mash until smooth and add Seasoned Salt and Guacamole Mix. Stir. Place lid on pot and keep warm.

Add lamb and sear all over, approx. 3 minutes, until med rare or to your liking. Remove from pan and set aside. Keep warm.

In a large saucepan over medium heat, add the onions and sauté for 2 minutes until glossy. Add the garlic and sauté for another 30 seconds. Place the blueberries in the pan and cook, stirring often, for 3 minutes. Add apple cider vinegar to the pan and bring to a boil. Continue boiling until almost completely reduced, around 5 minutes. Add the vegetable stock with salt and pepper and bring the sauce to a boil. Add chopped basil and reduce the heat to a simmer for 5 minutes.

Serve lamb on bed of parsnip mash topped with blueberry reduction.



# REV90 MEXICAN BEEF SOUP



## SAVEUR PRODUCT USED

TACO SPICE MIX, SEASONED SALT, GUACAMOLE MIX

**MAKE, TAKE & FREEZE**

— with —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**2 tbsp. water**

**1 lb./500g gravy beef, cut into 1-inch/2cm pieces**

**1 brown/yellow onion, thinly sliced**

**2 tsp. *Saveur* Taco Spice**

**1 tsp. *Saveur* Seasoned Salt**

**1 tbsp. *Saveur* Guacamole Mix**

**14 oz./400g can crushed tomatoes**

**1 large green pepper, seeded, cut into thin strips**

**1 large cauliflower, cut into florets**

## PREPARATION INGREDIENTS

**3 cups beef stock**

**Cottage cheese** (Optional if on maintenance)

**Lime wedges**

## METHOD

BAG 1 - Mix Taco Spice, Seasoned Salt and Guacamole Mix together. Add beef to large zip-top bag. Toss beef well to coat.

Bag 2 - Add all other ingredients to zip-top bag.

Place BOTH bags into a large zip-top bag. Remove excess air to prevent freezer burn. Label, date and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Heat a large, deep saucepan and add Bag 1. Cook for 5 minutes or until browned. Transfer to a heatproof bowl. Add stock and 1½ cups water. Bring to simmer. Return the beef to the pan. Reduce heat to low. Cook covered for 1 hour and 20 minutes.

Add Bag 2 and cook covered for 20 minutes or until vegetables and beef are tender.

Top with cottage cheese if on maintenance and serve with lime wedges.



# REV 90 ONE PAN CAJUN CHICKEN DINNER



## SAVEUR PRODUCT USED

CAJUN MIX, SEASONED SALT, TACO SPICE

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**4 chicken thigh cutlets (skin off/bone in)**

**2 tbsp. *Saveur Cajun Mix***

**1 tsp. *Saveur Taco Spice***

**500g brusell sprouts, cut in half**

## PREPARATION INGREDIENTS

**1 green pepper, diced 1-inch pieces**

**1 red pepper, diced into 1-inch pieces**

**1 large red onion, diced into 1-inch pieces**

**1 tsp *Saveur Seasoned Salt***

**Fresh parsley, chopped (optional garnish)**

**1 lemon**

## METHOD

BAG 1 - Mix together Cajun Mix and chicken in zip-top bag. Rub spices onto chicken thighs. Seal ensure excess air is removed.

Bag 2 - Place brusell sprouts into zip-top bag and Taco Spice. Mix well ensuring brusell sprouts are well covered. Seal ensure excess air is removed.

Place both bags into a large zip-top bag and seal. Remove excess air to prevent freezer burn. Label, date and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Preheat oven to 425°F.

Place parchment paper onto a baking pan and place chicken on top of paper.

Transfer brussell sprouts to baking sheet, placing them around chicken thighs. Roast in preheated oven for 30 minutes.

4Remove from oven and add bell peppers and red onion over sprouts and toss. Turn over chicken and then return the pan to the oven. Roast about 10-15 minutes longer until chicken is golden and cooked through and sprouts are tender.

Serve warm, sprinkled with parsley and season with Seasoned Salt to taste. Squeeze over lemon juice.



# REV90 BLACKENED SALMON WITH SAUTEED CAULIFLOWER



## SAVEUR PRODUCT USED

SPICY CAJUN MIX, SEASONED SALT, GUACAMOLE MIX

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**4 pieces salmon (.4lb/200g each)**

**2 tbsp. *Saveur Spicy Cajun Mix***

**1 tsp. *Saveur Seasoned Salt***

**Water**

## PREPARATION INGREDIENTS

**2 lb./1 kg cauliflower sliced ¼-inch  
(½ cm) thick**

**1 tbsp. *Saveur Guacamole Mix***

**1 tsp. *Saveur Seasoned Salt***

**Salad greens**

## METHOD

BAG 1 - Mix Spicy Cajun Mix and Seasoned Salt together. Rub salmon with Cajun/Seasoned Salt mix. Place onto baking paper to separate salmon pieces.

Place into large zip-top bag. Remove excess air to prevent freezer burn. Label and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Place sliced cauliflower in a large saucepan and cover with cold water. Bring to the boil over high heat. Cook uncovered for 5 minutes. Drain.

Return to pan and dry sauté (don't use oil) on each side until golden. Season with Guacamole Mix and Seasoned Salt. Cover to keep warm.

Heat a large frying pan with a heavy base over medium heat. Add the salmon, skin side down, and cook for 3 mins on each side, or until cooked to your liking.

Serve with cauliflower and salad greens.



# REV90 THICK VEGETABLE STEW



## SAVEUR PRODUCT USED

GUACAMOLE MIX, SEASONED SALT,  
NUTMEG BLEND BAKING SPICE

**MAKE, TAKE & FREEZE**

— with —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

- 1 cup leeks, sliced**
- 1 large brown/yellow onion, sliced**
- 1 cup red cabbage, finely sliced**
- 1 cup celery, sliced**
- 1 cup broccoli florets**
- 1 cup cauliflower florets**
- ½ cup snow peas, sliced diagonally**
- 2 radishes, finely cut into small matchsticks**
- 2 tbsp. *Saveur Guacamole Mix***
- 1 tsp. *Saveur Seasoned Salt***
- 1 cup vegetable stock**

## PREPARATION INGREDIENTS

- 14 oz./400g can diced tomatoes**
- 2 cloves garlic, minced**
- 2 cups vegetable stock**
- 1 cup mushrooms**
- 1 cup kale, finely sliced**
- Coconut flour**
- ¼ cup water**
- ½ cup bean sprouts**
- Fresh chives**

## METHOD

BAG 1 – Mix together the Guacamole Mix and Seasoned Salt and add to the stock. Place all the vegetables in a large zip-top bag and add the seasoned stock, mix well. Seal ensure excess air is removed to prevent freezer burn.

Bag 2 – Place first bag into a second bag to prevent spillage.

Label, date and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Add the stock, garlic and tomatoes to pan with Nutmeg Blend Baking Spice and bring to the boil. Add all of Bag 1 to the stock pot and bring to a gentle boil. Once boiling, simmer until vegetables are cooked to your liking and add mushrooms near the end. Add kale for only 5 minutes to the vegetable stock.

Blend coconut flour with water and add to pot until you reach a thickness that resembles a stew consistency and not a soup.

Serve with fresh chives and bean sprouts for crunch.

