

WELLNESS 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 lb./ 500g baby potatoes, halved

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 Kalamata olives

½ cup chicken stock

1 tbsp. ghee/olive oil

METHOD

BAG 1 - Mix together Spanish Paella Spice and Seasoned Salt. Rub on chicken thighs. Place into zip-top bag.

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

Add bag 1 & 2 inside a large ziplock 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 on each side or until golden brown. Transfer to a baking dish. Add the potatoes to the pan and cook, tossing for 5 minutes or until lightly golden.

Arrange the potatoes, 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.



WELLNESS 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 2cm cubes

2 tbsp. ghee/olive oil

PREPARATION INGREDIENTS

1 lb./500g parsnip

1 tbsp. *Saveur Guacamole Mix*

¼ cup brown/yellow onion, chopped

1 garlic clove, minced

1 cup fresh blueberries

½ cup balsamic vinegar

1 cup vegetable broth

½ tsp. salt

2 tbsp. butter

Basil, chopped

METHOD

BAG 1 - Mix oil, garlic, salt and coffee mix together. Add lamb to large zip-top bag. Pour in spice mix and 1 tbsp. ghee/oil and rub well into meat. Seal and remove excess air to prevent freezer burn. 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 parsnip until tender and drain. Add butter and mash until smooth. Add Seasoned Salt and Guacamole Mix, then stir. Place lid on and keep warm. Add extra olive oil to pan over medium heat until oil is hot. Add lamb and sear all over, approx. 3 minutes for medium rare, or to your liking. Remove from pan and set aside. Keep warm.

In a large saucepan over medium heat, add butter. Once hot, 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 balsamic 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 the chopped basil and reduce the heat to a simmer for 5 minutes. Take the sauce off the stove, add the butter to the pan and stir to dissolve.

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



WELLNESS MEXICAN BEEF SOUP



SAVEUR PRODUCT USED

TACO SPICE MIX, SEASONED SALT, GUACAMOLE MIX

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

2 tbsp. ghee/olive oil

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

2 large potatoes, peeled and chopped

PREPARATION INGREDIENTS

3 cups beef stock

Sour cream

Lime wedges

METHOD

BAG 1 - Mix Taco Spice, Seasoned Salt and Guacamole Mix together. Add beef to large zip-top bag. Pour in spice mix with ghee/oil. Toss beef well to coat.

Bag 2 - Add all other ingredients to a second 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 sour cream and serve with lime wedges.



WELLNESS 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 on/bone in)

2 tbsp. *Saveur* Cajun Mix

1 tsp. *Saveur* Taco Spice

1 lb./500g roasting potatoes, diced to 1-inch/2cm pieces

2 tbsp. ghee/olive oil

PREPARATION INGREDIENTS

2 tbsp. olive oil, divided

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 for garnish (optional)

1 lemon

METHOD

BAG 1 - Mix together Cajun Mix, 1 tbsp. oil and chicken in zip-top bag. Rub seasoning in well. Seal ensure excess air is removed.

Bag 2 - Place diced potatoes into zip-top bag add remainder of oil and Taco Spice. Mix well, ensuring potatoes are well covered. Seal and 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 chicken skin side down in baking pan on baking paper.

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

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

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



WELLNESS BLACKENED SALMON WITH CRUSHED POTATOES



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*

1 tbsp. *ghee or olive oil*

PREPARATION INGREDIENTS

2 lb./1 kg small potatoes

80ml *ghee/olive oil*

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 ghee or oil and rub 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 potatoes in a large saucepan and cover with cold water. Bring to the boil over high heat. Cook uncovered for 15 minutes, or until tender. Drain.

Return to pan with ghee/oil and use a fork to crush. 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 crushed potatoes and salad greens.



WELLNESS 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**
- 500ml 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. 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 the zip-top bag 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. In the last 5 minutes of cooking, add kale to the vegetable stock.

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

Serve with fresh chives and bean sprouts for crunch.

