

PERFECT PAIRINGS

with



ALL NATURAL | HEALTHY OPTIONS | BEST RECIPES



pairing recipes

STICKY MANGO CHICKEN SKEWERS

6 X Chicken thigh fillets, trimmed cut into 2cm/1" pieces
1 mango, peeled, stoned and finely chopped
1 small avocado stoned, peeled finely chopped
2 spring onions thinly sliced
2 tbs lime juice
1 tbs Saveur Mango Apricot Strawberry Balsamic
1 tsp Saveur Spicy Cajun Mix
¼ cup finely shredded fresh mint.

STICKY MANGO MARINADE

1 mango stoned. Peeled, coarsely chopped
2tbs Saveur Mango Apricot Strawberry Balsami
1tbs Saveur Spicy Cajun Mix
1tbs tomato paste.

METHOD

To make the sticky mango marinade, place all marinade ingredients into a blender and blend till smooth.

Place chicken in a bowl. Pour over marinade and toss to combine. Cover with plastic wrap. Plac in the fridge for 1 hour to allow flavours to infuse.

Thread chicken evenly among 12 skewers. Heat a BBQ or grill on medium.

Cook the skewers turning for 10mins or until cooked through. Transfer to a plate and cover with foil. Set aside for 5mins to rest.

Combine mango, avocado, spring onion, lime juice, mint, balsamic and Spicy Cajun Mix.

Serve chicken skewers with mango salsa.



pairing recipes

SPICY CAJUN RICE BOWL

4 X Chicken thigh fillets cut into 3cm/1" pieces

1 ½ tbsp Saveur Spicy Cajun Mix

2 tsp ghee

3 cups brown rice.

1 avocado, stoned, peeled, thinly sliced

1 red capsicum/pepper, seeded, thinly sliced

1 mango, stoned, peeled finely chopped

½ red onion finely chopped

1 cp coriander/cilantro leaves

1/3 cup whole egg mayonnaise

1 tbsp lime juice

Lime wedges to serve.

2tbsp Saveur Mango Apricot Strawberry Balsamic

METHOD

Place the chicken in a large bowl. Sprinkle with 1tbsp of Spicy Cajun Mix. Toss to combine.

Heat a large frypan over medium-high heat. Cook the chicken in 2 batches till cooked through. Transfer to a bowl.

Heat the ghee in the pan over medium heat. Add the remaining Spicy Cajun Mix. Add the rice and 2/3 cup water. Cook stirring for 6-7mins or until water evaporates. Remove from heat. Test rice to ensure it is cooked, add more water if needed.

Divide the rice among serving bowls, top with avocado, capsicum/pepper, chicken, mango and coriander/cilantro. Combine the mayonnaise, lime juice and Mango Apricot Strawberry Balsamic in a small bowl. Drizzle over chicken and vegetables.

Serve with lime wedges.



pairing recipes

JAMBALAYA

2tbsp olive oil/ghee

150g/5.3oz chorizo sausage sliced

2 cloves garlic, crushed

1 onion, chopped

1 red capsicum/pepper seeds removed, diced

1 green capsicum/pepper seeds removed, diced

2tbsp Saveur Spicy Cajun Mix

1.5 cups long grain white rice

2 cups passata or canned crushed tomatoes

1.5 cups chicken liquid stock

500g/1lb green prawns/shrimp peeled, deveined, tails intact

3tbsp chopped flat leaf parsley

6 shallots sliced

Saveur Seasoned Salt to taste

METHOD

Heat oil/ghee in a large frypan over medium high heat and fry chorizo until golden on both sides. Transfer to a plate and set aside. Add garlic, onion and capsicum/peppers to pan and cook for 3mins, then add Spicy Cajun. Return chorizo to pan and stir in the rice, passata, stock. Season well.

Bring to the boil then reduce heat to low and simmer for 20mins. Add prawns, cover and cook for a further 5mins. Add the parsley and stir well.

Place in serving bowls and garnish with shallots.

NB add more or less Spicy Cajun Mix to your desired level of spiciness.

Add a drizzle of Saveur Mango Apricot Strawberry Balsamic to dish for extra flavour and to cool some spice.



pairing recipes

BLOODY MANGO COCKTAIL/MOCKTAIL

2tbsp vodka (optional)

½ cup mango juice

2tsp Worcestershire sauce

1tbsp Saveur Mango Lime Apricot Balsamic

2 dashes tabasco sauce

2tsp Saveur Spicy Cajun Mix

Garnish

Lime wedge, slice fresh mango

METHOD

Rim highball glass with Spicy Cajun Mix

Add all other ingredients into a mixing glass and stir. Pour into chilled highball over ice.

Garnish with lime wedge and mango that has been dipped into Spicy Cajun Mix



pairing recipes

MINI RAW MANGO CHEESECAKES - Dairy/gluten Free

1 ½ cups cashews
½ cup pistachios
½ cup shredded coconut
4 fresh dates, pitted, chopped
270ml/9oz can coconut cream
½ mango, stoned, peeled, chopped (about ½ cup)
2tbsp coconut oil melted
2tbsp maple syrup
2tbsp Saveur Mango Apricot Strawberry Balsamic
Chilled Coconut cream extra, whipped to serve
Chopped Mango extra to serve
Strawberries to serve
1tbsp Mango Apricot Strawberry Balsamic to marinate fruit

METHOD

Place cashews in a large bowl. Pour over enough cold water to cover. Set aside for 4 hours or overnight to soak.

Grease a 12hole, ½ cup silicon muffin pan. Place pistachios and shredded coconut in a food processor and process until finely chopped. Add the dates and process until very finely chopped and mixture is firm. Spoon evenly among the prepared holes as the base. Use the back of a spoon to smooth the surface. Place in the freezer for 30mins to set.

Drain cashews and place in a blender with coconut cream, chopped mango, coconut oil, maple syrup, Mango Apricot Strawberry Balsamic. Blend until very smooth and creamy. Divide evenly among the bases in the pan. Smooth the surface. Place in the freezer for 3 hour or until firm.

Place chopped mango and strawberries for garnish in a bowl with Balsamic. Place in fridge till ready to serve.

Remove from the freezer. Set aside in the pan for 5mins before transferring to a serving platter. Set aside for 10mins (or less depending on temp) to soften slightly. Top with extra coconut cream, mango and strawberries.



pairing recipes

MANGO AND STRAWBERRY YOGHURT ICE BLOCKS

½ medium mango, stoned, peeled coarsely chopped (about 1 cup)
2 cups vanilla or coconut flavoured yoghurt
1 cup strawberries
2tbsp Saveur Mano Apricot Strawberry Balsamic

METHOD

Place the mango and ½ the yoghurt + 1tbsp Balsamic in a blender and blend until smooth, transfer to a jug.

Place the strawberries, yoghurt and 1tbsp Balsamic in a clean blender, blend until smooth. Transfer to another jug.

Pour ½ the mango mixture among 10 1/3 cup ice block moulds. Top with half the strawberry mixture. Continue layering with the remaining mango mixture then strawberry mixture to finish. Insert ice block sticks. Place in freezer for 3 hours or until firm.