

REV90 SATAY CHICKEN WITH CAULIFLOWER FRIED RICE



SAVEUR PRODUCT USED

SATAY SPICE & KERALA FRIED RICE

SUBSTITUTIONS

Substitute chicken for beef, pork or tofu.

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

For the meat:

.66 lb. (300g) boneless, skinless chicken breasts, thinly sliced

1 brown or yellow onion, sliced (1 cup)

1 bell pepper, sliced (1.5 cups)

1 cup mushrooms, sliced

3.5 oz. (100g) green beans, tips trimmed

2 tbsp. soy sauce or coconut aminos

2-3 tsp. *Saveur Satay Spice*

For the vegetables:

1 onion, finely diced (3/4 cup)

1/2 cup mushrooms, diced

1/2 cup celery, chopped

1 pepper, finely diced (3/4 cup)

3.5 oz. (100g) green beans, finely diced

1 tbsp. Bragg Liquid Aminos

1 tbsp. *Saveur Kerala Fried Rice Spice*

PREPARATION INGREDIENTS

2 tbsp. ghee (only if in maintenance)

14 oz. (400ml) can coconut cream

1/4 cup almond butter

1 egg

1/4 cup nuts/seeds of choice, roasted

4 cups of cooked cauliflower rice

METHOD

Bag 1 (large) – Mix chicken and sliced veggies with liquid aminos and spices.

Bag 2 (medium) – Combine diced veggies with liquid aminos and spices.

Remove all air from bags to prevent freezer burn. Place into large freezer bag, label, date and freeze until ready to use.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

In a wok or large frypan, brown the contents of Bag 1 in 1 tbsp. ghee. Add nut butter and mix well, working quickly to ensure it doesn't burn. Once combined, add coconut cream and reduce to a simmer. Stir occasionally as it thickens. Once thickened, remove from heat and set aside.

In a separate wok or large frypan, brown the contents of Bag 2 in 1 tbsp. ghee. Crack egg over the top, stirring quickly, as it cooks. Remove vegetables from heat, add cauliflower rice and mix well. Serve the chicken on top of the fried rice.

Note: For a milder dish, use 2 tsp. Satay Spice. For a "medium" heat level, use 3 tsp. Satay Spice.

