

REV90 TAKE-IN PIZZA BBQ BEEF AND TANDOORI CHICKEN



SAVEUR PRODUCT USED

SAFARI RUB & TANDOORI SPICE & PIZZA SPICE

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

- 5.28 oz. (150g) beef steak, thinly sliced**
- 1 tsp. sugar free tomato sauce**
- 1 tsp. *Saveur Safari Rub***
- 7 oz. (200g) chicken breast, thinly sliced**
- 1 tbsp. Greek or natural yogurt** (only if in maintenance)
- 1 tsp. *Saveur Tandoori Spice***
- 1 tsp. *Saveur Pizza Spice***
- 1 small onion, sliced finely**
- 1 small bell pepper, sliced**
- 3.5 oz. (100g) nitrate-free bacon, diced**
- 3.5 oz. (100g) mushrooms, sliced**

PREPARATION INGREDIENTS

For cauliflower pizza crust:

- 4 lb. (2kg) cauliflower florets**
- 2 eggs, beaten**
- 2/3 cup cheese, grated** (only if in maintenance)
- 2 tsp. *Saveur Pizza Spice***
- Pinch of salt**

For toppings:

- Handful of baby spinach leaves (20g)**
- 4 tbsp. sugar free tomato paste**
- 9 oz. (250g) mozzarella cheese, grated**

METHOD

Bag 1 – Mix thinly sliced beef, tomato sauce and Safari Rub in in a small bowl. Add to small zip-top bag. **Bag 2** – Mix thinly sliced chicken, 1 tbsp. yogurt and 1 tsp. Tandoori Spice in a small bowl. Add to small zip-top bag. **Bag 3** – In a small zip-top bag, add ½ the onion, ½ the pepper, all the bacon and all the mushrooms. **Bag 4** – In a small zip-top bag add the rest of the onion and the pepper.

Remove air from bags to prevent freezer burn. Place both bags into large freezer bag, label & date.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Preheat oven to 400°F (200°C). To make cauliflower rice, pulse in food processor or chop very finely until it resembles rice. Fill a pot with 1" (2.5cm) water and bring to a boil. Add the cauliflower and cover. Let it cook for 4-5 minutes. Drain. Once drained transfer to a thin, clean dishtowel and squeeze out any extra liquid. In a bowl, mix the rice with the beaten egg, cheese and spices very well. Separate into two equal amounts to make two pizza crusts. Press dough onto lined baking trays to keep cauliflower from sticking. Bake for 35-40 minutes. The finished crusts should be firm and golden brown. Mix tomato paste and Pizza Spice together and spread on baked crusts. Sprinkle with cheese. Add contents of Bags 1 and 3 on one pizza crust, and Bags 2 and 4 on the other.

Place pizzas on individual trays and cook for 15 minutes, checking regularly. Top the Tandoori Chicken pizza with a handful of baby spinach as it comes out of the oven and allow to wilt slightly for a few minutes.

Serve with salad as a side.

