

REV90 BEEF STIR-FRY WITH CAULIFLOWER RICE



SAVEUR PRODUCT USED

WOK SPICE & SEASONED SALT

SUBSTITUTIONS

Chicken, firm flesh white fish or tempeh can be substituted

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

½ tsp. baking soda

1 tsp. *Saveur Wok Spice*

½ tsp. *Saveur Seasoned Salt*

1 tbsp. Bragg Liquid Aminos

1 lb. (500g) beef, thinly sliced

For the vegetables:

1 tbsp. Bragg Liquid Aminos

3 cups Brussels sprouts

**3 cups sliced vegetables of choice
(cabbage, zucchini, celery, shallots,
onion)**

1 tsp. *Saveur Wok Spice*

PREPARATION INGREDIENTS

½ head cauliflower

¾ cup water

1 tsp. tomato paste (sugar free)

METHOD

BAG 1 – In a medium zip-top bag, add baking soda, 1 tbsp. Bragg Liquid Aminos, 1 tsp. Wok Spice, and Seasoned Salt. Gently mix. Add beef strips, seal, shake to coat beef. (Note: This may fizz a little from the baking soda and will help to tenderize the beef.)

BAG 2 – In a large zip-top bag, place all vegetables, 1 tbsp. Bragg Liquid Aminos, 1 tsp. Wok Spice. Shake to coat.

Place both bags into a large freezer bag. Label and place in your freezer.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Cut cauliflower into sections and steam. Once cooked, finely dice or place in food processor until it resembles rice. Place 1 tbsp. water in nonstick wok or large fry pan. Brown beef and remove from pan. Place 1 tbsp. water in pan and brown vegetables.

Add ½ cup water and allow to simmer, stirring occasionally. Mix 1 tbsp. tomato paste with ¼ cup water and add to wok to thicken sauce. Toss beef through and serve on cauliflower rice.

