

REV90 CHICKEN GOULASH



SAVEUR PRODUCT USED

TAGINE SPICE & CREAMY DILL MIX

SUBSTITUTIONS

Vegetables or lentils can be substituted.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

6 boneless, skinless chicken thighs, chopped (about 1 lb./500g)

1 brown onion, thickly sliced (1 cup)

½ lb. (250g) eggplant, diced

1 cup celery, chopped

2 garlic cloves, crushed

14 oz. (400g) can cherry tomatoes in juice

2 tsp. *Saveur Tagine Spice*

1 tbsp. *Saveur Creamy Dill Mix*

PREPARATION INGREDIENTS

2 tbsp. tomato paste

2 tbsp. sour cream (optional: only use if in maintenance)

2 tbsp. fresh chives, chopped

3 zucchini (cut into “zoodles” using a spiralizer or mandolin)

METHOD

Combine all ingredients into a large freezer bag. Toss to combine. Ensure all air is removed to avoid freezer burn. Label and place in your freezer.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Slow Cooker Instructions

Place contents from the bag into a slow cooker. Cook for 4-6 hours on low. Add tomato paste ½ hour at end of cooking time to allow to thicken.

Oven Instructions

Place in casserole dish and cook in moderate oven 350°F (180°C) for 1 hour. Add tomato paste 10 minutes at end of cooking time to allow to thicken.

Prepare zoodles. Serve goulash on bed of zoodles with sour cream and fresh chives.

