

REV90 MOROCCAN CHICKEN



MAKE, TAKE & FREEZE

— with —
SAVEUR

SAVEUR PRODUCT USED

TAGINE SPICE, DILL MIX, SEASONED SALT

FREEZER WORKSHOP INGREDIENTS

**6-8 boneless, skinless chicken thighs
(1 lb./500g)**

**1 cup passata/crushed tomatoes/
sugar free tomato sauce**

1 cup brown/yellow onion, diced

1 cup diced red pepper

5.3 oz. (150g) spinach leaves

1-2 tsp. *Saveur Tagine Spice*

1 tsp. *Saveur Seasoned Salt*

PREPARATION INGREDIENTS

2 cups cauliflower rice

1 cup cottage cheese

1 tbsp. *Saveur Creamy Dill Mix*

2 tbsp. fresh mint, chopped

1 lemon, cut into wedges

METHOD

Place all ingredients in a large zip-top bag and toss to combine. Remove all air from bag. Place into large freezer bag and freeze until ready to use.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Place all ingredients in an oven safe dish. Cover and bake for 30 minutes at 350°F (180°C).

Uncover and bake for a further 15-20 minutes.

Mix Creamy Dill Mix and mint in cottage cheese. Allow to sit in fridge for 30 minutes for flavors to develop.

Serve chicken on cauliflower rice with cottage cheese and lemon.

