

REV 90 STEAK WITH GARLIC VEGETABLES



SAVEUR PRODUCT USED

LOW N' SLOW BBQ SPICE OR CALIFORNIA ONION MIX AND ONION GARLIC RUB

SUBSTITUTIONS

Substitute steak for chicken, firm white fleshed fish or salmon, tempeh, or mushrooms.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

4 - 2.65 oz. (75g) grass-fed sirloin rump steak)

2 cups zucchini, diced

1 lb. (500g) Brussels sprouts

1 pint (1 punnet) cherry tomatoes

1 tbsp. *Saveur Low N' Slow BBQ Spice* or 2 tbsp. *Saveur California Onion Mix*

PREPARATION INGREDIENTS

1 cup cottage cheese (only if in maintenance)

2 tsp. *Saveur Onion Garlic Rub*

METHOD

Bag 1 – Place steak onto a cutting board or plate, rub with Low N' Slow BBQ Spice (or California Onion Mix for a milder flavor). Place parchment paper in between slices of steak. Place steaks into freezer bag in 1 flat layer. Ensure all air is out of bag to prevent freezer burn.

Bag 2 – Place all vegetables into bag with 1 tbsp. California Onion Mix. Shake and seal.

Place all bags into large zip top bag, date, label and freeze until ready to use.

COOKING INSTRUCTIONS

Thaw in fridge overnight following the safe thaw instructions. Heat grill or hot plate. Cook steak to your desired doneness. While cooking steak, place 1-2 tbsp. water in a separate pan. Add vegetables and put lid on pan to allow them to steam. Cook until still crisp. While the vegetables are still hot, add cottage cheese and Onion Garlic Rub into the pan and mix to combine. Serve vegetables as a side with steak.

