

# MOROCCAN CHICKEN



**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## SAVEUR PRODUCT USED

TAGINE SPICE, DILL MIX, SEASONED SALT

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## 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**

**8 apricots or dates, diced**

**1-2 tsp. *Saveur Tagine Spice***

**1 tsp. *Saveur Seasoned Salt***

## PREPARATION INGREDIENTS

**2 cups long grain rice**

**1 cup Greek yogurt**

**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.

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

Serve chicken on rice with yogurt and lemon.



# SLOW COOKER MANGO CHILI



## SAVEUR PRODUCT USED

CHILI SPICE, SEASONED SALT,  
CINNAMON BLEND BAKING SPICE

## SUBSTITUTIONS

Pork or black beans can be substituted.

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## FREEZER WORKSHOP INGREDIENTS

**6 chicken thighs (1 lb./500g)**

**3 garlic cloves, minced**

**2-3 tsp. *Saveur Chili Spice***

**1 tsp. *Saveur Cinnamon Blend Baking Spice***

**1 tsp. *Saveur Seasoned Salt***

**14 oz. (400g) can diced tomatoes**

**½ cup orange juice**

**1 cup diced brown onion**

**1 diced jalapeño pepper or**

**3 tbsp. bottled jalapeños, diced finely**  
(can be adjusted according to preferred spice level)

**2 cups black beans, drained and rinsed** (if making vegetarian version, use 4 cups of beans)

## PREPARATION INGREDIENTS

**Lime wedges**

**Diced avocado**

**Sliced shallots**

**Halved cherry tomatoes**

**Fresh cilantro**

## METHOD

Bag 1 – Combine chicken, spices, garlic, juice, and 1 can of tomatoes. Mix well.

Bag 2 – Combine onion, jalapeño, beans, remaining tomatoes. Mix.

Label and place in freezer. Ensure all air is removed from bags to prevent freezer burn.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Empty the ingredients from both bags into slow cooker and cook on high for 3-4 hours or on low for 6-7 hours. If using pork or chicken, shred before serving. Tomato paste can be added to thicken sauce, if there's too much liquid. Serve with your choice of toppings.



# BEEF & BROCCOLI 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**

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## FREEZER WORKSHOP INGREDIENTS

**½ tsp. baking soda**

**1 tbsp. soy/tamari or coconut aminos**

**1 tsp. Saveur Wok Spice**

**½ tsp. Saveur Seasoned Salt**

**1 lb. (500g) beef, thinly sliced**

**3 cups broccoli florets**

**3 cups sliced vegetables of choice**

**(pepper, green beans, carrots, shallots)**

**1 tbsp. soy/tamari or coconut aminos**

**1 tsp. Saveur Wok Spice**

## PREPARATION INGREDIENTS

**½ head cauliflower**

**2 tbsp. ghee**

**¾ cup water**

**1 tsp. corn starch**

## METHOD

BAG 1- In a medium zip-top bag, add baking soda, soy sauce, 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, soy sauce, and 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 pulse in food processor until it resembles rice. Place 1 tbsp. ghee in wok or large frying pan. Add beef mixture and cook until brown. Remove from pan. Place remaining 1 tbsp. ghee in pan and cook vegetables. Add ½ cup water and allow to simmer, stirring occasionally. Mix corn starch with ¼ cup cold water and slowly add to wok to thicken sauce. Toss beef with vegetables and serve over cauliflower rice.



# CHICKEN GOULASH



## SAVEUR PRODUCT USED

TAGINE SPICE & CREAMY DILL MIX

## SUBSTITUTIONS

Vegetables or lentils can be substituted.

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**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

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

**1 brown onion, thickly sliced (1 cup)**

**1 cup (250g) button mushrooms**

**1 red pepper, 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**

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

**2 tbsp. sour cream**

**2 tbsp. fresh chives, chopped**

## 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 a half hour at the end of cooking time to thicken.

### *Oven Instructions*

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

Prepare zoodles or pasta. Serve goulash on a bed of zoodles or pasta with sour cream, topped with a sprinkle of fresh chives.



# VEGETABLE SOUP



## SAVEUR PRODUCT USED

DOWNUNDER GOURMET GRILL RUB,  
CINNAMON BLEND BAKING SPICE

## SUBSTITUTIONS

Ground chicken, turkey or beef can be added.

**MAKE, TAKE & FREEZE**

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## FREEZER WORKSHOP INGREDIENTS

- 1 tbsp. ghee**
- 1 medium onion, diced (1 cup)**
- 4 medium carrots, diced (2 cups)**
- 2 stalks celery, diced (1 cup)**
- 1 garlic clove, minced**
- 1 medium zucchini, diced (1 cup)**
- 1 cup button mushrooms, sliced**
- 4 cups cabbage, sliced**
- 14 oz. (400g) can diced tomatoes**
- 14 oz. (400g) can white beans**
- 2 tsp. *Saveur Downunder Gourmet Grill Rub***
- 1 tsp. *Saveur Cinnamon Blend Baking Spice***

### If using ground meat:

- ½ lb. (250g) ground meat**
- 1 tsp. *Saveur Downunder Gourmet Grill Rub***
- 2 tsp. tomato paste**

## PREPARATION INGREDIENTS

- 4 cups vegetable stock**
- ½ cup Italian parsley, chopped**
- 1 tbsp. red wine vinegar**

## METHOD

For a vegetarian soup, only make Bags 1 and 2. For a heartier meal, make Bags 1, 2, and 3. You'll create meatballs using Bag 3 when you're ready to serve the soup.

Bag 1 – Add ghee, onion, carrot, celery, and garlic to a zip-top bag.

Bag 2 – Add zucchini, diced tomatoes, white beans, mushrooms, cabbage, and spices to a zip-top bag.

Bag 3 (Optional) – Add ground meat with 1 tsp. Downunder Gourmet Rub and 2 tsp. tomato paste to a zip-top bag. Mix well.

Remove all air from bags to prevent freezer burn. Place all bags into one large zip-top bag. Label and freeze.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Add contents of Bag 1 to a large saucepan and cook on medium heat to allow vegetables to soften. Add Bag 2 and the vegetable stock to the saucepan. Continue to cook on low heat for 20 minutes. Stir in parsley. Cook for a further minute. If adding ground meat, roll approx 1tbsp between palms to create balls. Add meatballs to soup 5 minutes before cooking time is finished. Remove saucepan from heat once meatballs are cooked. Gently stir in red wine vinegar. Taste and season with additional Seasoned Salt and pepper if desired.



# DOWNUNDER MEATLOAF



## SAVEUR PRODUCT USED

DOWNUNDER GOURMET GRILL RUB &  
CREAMY DILL MIX

## SUBSTITUTIONS

Chicken, turkey or tofurkey can be substituted.

**MAKE, TAKE & FREEZE**

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## FREEZER WORKSHOP INGREDIENTS

- 1 lb. (500g) ground beef**
- ½ lb. (300g) ground pork or veal**
- 1 brown or yellow onion, chopped (1 cup)**
- 2 garlic cloves**
- 2 tbsp. tomato paste**
- 1 tbsp. chia seeds**
- 1 egg**
- 1 tbsp. whole seed mustard**
- 1 tbsp. Worcestershire sauce**
- 2 tsp. *Saveur Downunder Gourmet Grill Rub***
- 1 tbsp. *Saveur Creamy Dill Mix***

## PREPARATION INGREDIENTS

- 1 tbsp. ghee**
- 1/2 cup tomato sauce**
- 1 lb. (500g) sweet potatoes, peeled and boiled**
- 2 tbsp. milk**
- 1 tbsp. *Saveur Creamy Dill Mix***
- 3 cups steamed green vegetables**
- 1/2 cup water**
- 1 tbsp. corn starch**



## METHOD

Finely dice onion and garlic and place in a large bowl. Add all other ingredients and mix well until evenly combined. Shape the mix into a meatloaf shape and place in a large zip-top bag. Press the bag tightly against the meatloaf to remove excess air. This helps prevent freezer burn. Place in freezer until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Preheat oven to 350°F (180°C). Grease loaf pan with ghee and press in the meat mixture. Spread tomato sauce on top and bake in oven for 1 hour.

While the meatloaf is baking, mash the boiled sweet potatoes, add in milk and Saveur Creamy Dill Mix. Set aside.

When meatloaf is cooked, drain off extra liquid into a small sauce pan and bring to boil (you may need to add a little extra water or stock to get enough gravy). Mix the corn starch and 1/2 cup water together and add to the pan. Stir until thickened and remove from heat. Slice the meatloaf in ½" slices (1.5cm).

Serve meatloaf on top of sweet potato mash with a side of greens and top with gravy.

*Note: Meatloaf can be made into meatballs or burger patties as an option.*