

KETO AUSSIE BURGERS WITH CURRIED CAULIFLOWER SALAD



SAVEUR PRODUCT USED

SPICED BEET HUMMUS MIX & CEYLON CURRY SPICE

SUBSTITUTIONS

Chicken or turkey can be substituted for ground beef; use textured vegetable protein (TVP) for vegetarians.

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

½ lb. (300g) lean ground beef

1 egg

1 brown onion, finely chopped (1 cup)

2 tbsp. sugar free tomato paste

1 tbsp. *Saveur Spiced Beet*

Hummus Mix

1 tsp. Worcestershire sauce

PREPARATION INGREDIENTS

For the Curried Cauliflower Salad:

2 cups cauliflower florets

3 eggs

2 tbsp. full fat sour cream

2 tsp. *Saveur Ceylon Curry Spice*

2 green onions, chopped finely

For burger toppings and buns:

Lettuce or flat brown mushrooms (to replace burger buns)

4 eggs (to fry)

Cheese

Tomato

METHOD

Mix all ingredients together well in a bowl. Shape into 4 patties. Separate each patty with parchment paper and place flat into a zip-top bag. Ensure all air is out of bag to prevent freezer burn.

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

COOKING INSTRUCTIONS

Thaw patties in fridge overnight following the safe thaw instructions. Steam cauliflower and boil 3 eggs until just cooked. Add a pinch of salt to water to prevent eggs from leaking during cooking. Remove eggs from boiling water and rinse with cold water to stop cooking process. When cooled, peel eggs and cut into small pieces. Place cauliflower, eggs, and green onions in bowl. Mix Ceylon Curry Spice with sour cream. Toss the cauliflower mixture with the sour cream mixture and set aside.

Cook burgers on a heated grill or pan to your desired level of doneness. Fry eggs at same time as burgers.

Once burgers and eggs are cooked, assemble on mushrooms or lettuce leaves with your choice of toppings. Serve burgers with a side of cauliflower salad.



KETO BEEF STEW WITH DUMPLINGS



SAVEUR PRODUCT USED

ROAST RUB, ONION GARLIC RUB, CALIFORNIA ONION MIX

SUBSTITUTIONS

Substitute beef with lamb, chicken, lentils, or beans.

FREEZER WORKSHOP INGREDIENTS

- 2 tbsp. almond flour/meal**
- 2 lb. (1kg) beef shin (gravy beef), trimmed cut into 1" cubes**
- 1 tbsp. *Saveur* Onion Garlic Rub**
- 2 brown/yellow onions, peeled and diced roughly (2 cups)**
- 1½ cups diced pumpkin**
- 7 oz. (200g) button mushrooms, cut in half**
- 1 tbsp. *Saveur* Roast Rub**

PREPARATION INGREDIENTS

For the beef stew:

- 1 tbsp. ghee**
- 3½ cups beef stock**
- 14 oz. (400g) can diced tomatoes**

For the dumplings:

- 1½ cups (175g) cheese, grated** (use a combination of mozzarella, parmesan and cheddar)
- ½ cup (50g) almond meal**
- ¼ cup (30g) cream cheese**
- 1 egg**
- Salt & pepper to taste**
- 1 tbsp. *Saveur* California Onion Mix**



MAKE, TAKE & FREEZE

— *with* —
SAVEUR

METHOD

Bag 1 – Place almond flour/meal and Onion Garlic Rub onto a plate. Toss beef in flour, shaking off excess. Place in zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Bag 2 – Place all vegetables and Roast Rub into zip-top bag. Ensure all air is out of bag to prevent freezer burn.

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

COOKING INSTRUCTIONS

Thaw in fridge overnight, following safe thaw instructions.

Stovetop Instructions Heat half the ghee in a heavy-bottomed saucepan over medium heat. Cook beef in batches for 3 minutes or until browned. Transfer to a bowl.

Heat remaining ghee in pan. Add vegetables, cook for 2 minutes. Return beef to pan. Stir in stock and tomatoes. Cover and bring to boil. Reduce heat to low. Simmer for 1 hour, 45 minutes. Simmer uncovered for 45 minutes. Vegetables can be added at the end for more crunch.

To make the dumplings, put the cream cheese and grated cheese in microwave bowl. Microwave for 1 minute on high. Stir the cheese mixture, then microwave on high for 30 seconds more. Add egg, California Onion Mix, and almond meal, mix gently. Drop spoonfuls of the dumpling mixture 1"(2cm) apart on the beef and vegetables. Cook for a further 15-20 minutes, uncovered, or until dumplings are cooked.

Dumplings can also be baked separately and added to the top of the stew when ready to serve.

Slow Cooker Instructions Brown meat and then add all other ingredients. Cook for 6-8 hours on low or 3-4 hours on high. Place heaped tablespoons of mixture 1" (2cm) apart on the beef and vegetables. Cook the dumplings for 20-25 more minutes, or until done.

Instapot Instructions Brown meat and add all other ingredients. Cook for 20-30 minutes. Place heaped tablespoons of mixture 1" (2cm) apart on the beef and vegetables. Cook the dumplings for 5-10 more minutes, or until done.

KETO CHICKEN & SPINACH ROLL-UPS



SAVEUR PRODUCT USED

PASTA SPICE, CALIFORNIA ONION MIX

SUBSTITUTIONS

Eggplant can be used in place of chicken as a vegetarian option.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

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

2 cups baby spinach

½ lb. (250g) cream cheese

2 tbsp. *Saveur California Onion Mix*

PREPARATION INGREDIENTS

14 oz. (400g) can diced tomatoes

1 cup shredded cheese

2 tsp. *Saveur Pasta Spice*

Salad or zoodles

METHOD

Mix cream cheese with California Onion Mix, set aside out of fridge. Place chicken thighs between cling wrap and pound until approx. ½" thick (5mm). Leave bottom layer of cling wrap on thigh. Top chicken with cream cheese and spinach covering ¾'s of chicken. Roll chicken in cling wrap. Continue flattening and filling the remaining chicken thighs.

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

COOKING INSTRUCTIONS

Allow chicken to thaw overnight in the fridge, using safe thaw instructions. Remove cling wrap and place rolled chicken into baking dish. Mix diced tomatoes with Pasta Spice and pour on top of chicken. Top with shredded cheese.

Place in oven at 350°F (180°C) for 30-35 minutes. Ensure chicken is cooked, as temperatures can vary in ovens. Serve with salad or zoodles.



KETO FISH PARCELS WITH CURRIED VEGETABLES



SAVEUR PRODUCT USED

CALIFORNIA ONION MIX, CEYLON CURRY SPICE

SUBSTITUTIONS

Substitute fish with chicken or firm tofu.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

4 white fish filets (approx. 1" or 2cm thick)

2 tbsp. ghee

2 tbsp. *Saveur California Onion Mix*

1 cup cauliflower florets

½ cup celery, diced

½ cup broccoli, chopped

½ cup red pepper, diced

½ cup yellow squash, diced

PREPARATION INGREDIENTS

1½ cups Greek yogurt

2 tsp. *Saveur Ceylon Curry Spice*

Juice of 1 lime

METHOD

Bag 1 – 4 squares of aluminium foil, 4 squares of baking paper. Place 1 piece of baking paper on top of foil, then place fish on top. Repeat with the rest of the fish. Mix ghee and California Onion Mix together and distribute evenly over fish. Wrap securely with cling wrap and place into large zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Bag 2 – Place all vegetables into zip-top bag. Ensure all air is out of bag to prevent freezer burn.

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. Place fish still in alfoil unwrapped to allow to steam & 1Tbsp. water on a baking tray and bake at 390°F (200°C) for 15 minutes or until just cooked through. Mix the Ceylon Curry Spice with the Greek yogurt and lime juice. Set aside. Steam all vegetables together and serve with fish and curried Greek yogurt.



KETO PULLED PORK WITH RADISH COLESLAW



SAVEUR PRODUCT USED

LOW N' SLOW BBQ SPICE, CALIFORNIA ONION MIX

SUBSTITUTIONS

Substitute pork for chicken.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

2 lb. (1kg) pork shoulder, rind removed

2 tbsp. *Saveur Low N' Slow BBQ Spice*

PREPARATION INGREDIENTS

1½ cups chicken stock

¼ cup radishes

2 shallots, chopped finely

¼ green cabbage, finely shredded

1 cup mint leaves, finely shredded

¼ cup full fat sour cream

1 tbsp. *Saveur California Onion Mix*

METHOD

Rub Low N' Slow BBQ Spice over pork. Place seasoned pork in large zip-top bag. Ensure all air is out of bag to prevent freezer burn.

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. Add pork and chicken stock to slow cooker and cook on low for 6-8 hours or on high for 3-4 hours. Pork should be tender and shred easily with a fork. Pull pork apart using two forks. If using an Instapot or pressure cooker, follow instructions for the appropriate cooking time. Once cooked, allow meat to rest for 15 minutes.

In a large bowl, combine radishes, shallots, cabbage, mint, California Onion Mix and sour cream. Toss gently to mix. Serve pork by itself or wrap in lettuce cups with radish coleslaw on the side.



KETO STEAK WITH GARLIC BUTTER & 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 - 5.3 oz. (150g) grass-fed sirloin rump steak)

4.4 oz. (125g) unsalted butter

2 cups broccoli florets

1 lb. (500g) beans

1 pint (1 punnet) cherry tomatoes

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

2 tsp. *Saveur* Onion Garlic Rub

PREPARATION INGREDIENTS

1-2 tbsp. ghee

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 – Mix butter and 1 tbsp. Onion Garlic Rub together in a small bowl. Place butter mixture onto cling wrap or parchment paper and roll into a log. Twist the ends to seal and place into small zip-top bag.

Bag 3 – 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 with a little ghee. Cook steak to your desired doneness and set aside to rest. While cooking steak, place 1-2 tbsp. ghee in a pan. Add vegetables and cook until still crisp. Serve vegetables with steak and a knob of garlic butter on steak.

