

REV90 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

½ tsp. *Braggs Liquid Aminos*

PREPARATION INGREDIENTS

For the Curried Cauliflower Salad:

2 cups cauliflower florets

3 eggs

2 tbsp. cottage cheese (only if in maintenance)

2 tsp. *Saveur Ceylon Curry Spice*

2 green onions, chopped finely

For burger toppings and buns:

Lettuce leaves (to replace burger buns)

Tomato

Cucumber

Onion

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. Peel eggs and cut into small pieces. Place cauliflower, eggs, and green onions in bowl. Mix Ceylon Curry Spice with cottage cheese. Toss the cauliflower mixture with the cottage cheese mixture and set aside.

Cook burgers on a heated grill or pan to your desired level of doneness. Assemble burgers on lettuce leaves with your choice of toppings. Serve burgers with a side of cauliflower salad.



REV90 BEEF STEW WITH CHEESY SPINACH



SAVEUR PRODUCT USED

ROAST RUB, ONION GARLIC RUB,
CALIFORNIA ONION MIX

SUBSTITUTIONS

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

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

**2 lb. (1kg) beef shin/gravy beef,
trimmed and cut into 1" (3cm) cubes**

1 tbsp. Saveur Onion Garlic Rub

**2 stalks celery, peeled and diced
(1½ cups)**

1 cup zucchini, cut in pieces

1 tbsp. Saveur Roast Rub

PREPARATION INGREDIENTS

For the beef stew:

3½ cups beef stock

14 oz. (400g) can diced tomatoes

1 tbsp. Braggs Liquid Aminos

For the cheesy spinach:

2 cups baby spinach leaves

1 cup cottage cheese (only if in
maintenance)

1 tbsp. Saveur California Onion Mix

METHOD

Bag 1 – Place Onion Garlic Rub onto a plate. Toss beef in California Onion Mix to season. 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 a heavy-bottomed saucepan over medium heat. Add liquid aminos and 2 tbsp. water. Cook beef in batches for 3 minutes or until browned. Transfer to a bowl.

Add vegetables to same pan, cook for 2 minutes. Return beef to pan. Stir in stock and tomatoes. Cover and bring to a 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.

Slow Cooker Instructions Brown meat and then add all other ingredients. Cook for 6-8 hours on low or 3-4 hours on high.

Instapot Instructions Brown meat and add all other ingredients. Cook for 20-30 minutes.

To make the cheesy spinach, mix baby spinach, California Onion Mix and cottage cheese together. Spread on top of beef and vegetable mixture at the end of cooking or add on top of stew after serving.



REV90 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

1 bunch asparagus, cut in half

2 tbsp. *Saveur California Onion Mix*

PREPARATION INGREDIENTS

14 oz. (400g) can diced tomatoes

¼ cup cottage cheese (only if in maintenance)

2 tsp. *Saveur Pasta Spice*

Salad or zoodles

METHOD

Place chicken thighs between cling wrap and pound until approx. ½" thick (5mm). Leave bottom layer of cling wrap on thigh. Sprinkle both sides with California Onion Mix. Top flattened chicken with spinach, covering ¾'s of chicken. Add asparagus to middle 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 the 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 cottage cheese.

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



REV90 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. *Saveur California Onion Mix*

1 cup cauliflower florets

½ cup celery, diced

½ cup Brussels sprouts, halved

½ cup radish, diced

½ cup zucchini, diced

PREPARATION INGREDIENTS

4 tbsp. water

1 cup cottage cheese (only if in maintenance)

2 tsp. *Saveur Ceylon Curry Spice*

Juice of ½ lemon

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. Sprinkle California Onion Mix 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 on a baking tray, open the aluminium foil and add 1 tbsp. water to each piece of fish. Rewrap foil loosely to allow fish to steam in foil. Bake at 390°F (200°C) for 10-12 minutes or until just cooked through. Mix the Ceylon Curry Spice with the cottage cheese and lemon juice. Set aside. Steam all vegetables together and serve with fish and curried cottage cheese.



REV90 PULLED CHICKEN WITH APPLE & RADISH COLESLAW



SAVEUR PRODUCT USED

LOW N' SLOW BBQ SPICE, CALIFORNIA ONION MIX

SUBSTITUTIONS

Substitute chicken for turkey or beef.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

1 lb. (500g) boneless, skinless chicken breasts or thighs

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

PREPARATION INGREDIENTS

1 cup chicken stock

1 Granny Smith (green) apple, peeled and cut into matchsticks

4 radishes, chopped finely into matchsticks

¼ green cabbage, finely shredded

1 cup mint leaves, finely shredded

¼ cup cottage cheese (only if in maintenance)

**1 tbsp. *Saveur* California Onion Mix
Lettuce**

METHOD

Rub Low N' Slow BBQ Spice over chicken. Place 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 chicken and chicken stock to slow cooker and cook on low for 4-5 hours or on high for 2-3 hours. Chicken should be tender and shred easily with a fork. Pull 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 apple, radish, cabbage, mint, California Onion Mix, and cottage cheese. Serve chicken in lettuce cups with apple and radish coleslaw on the side.



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.

