

AUSSIE BURGERS WITH CURRIED POTATO 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

- 1 lb. (500g) ground beef**
- 1 egg**
- 1 brown onion, finely chopped (1 cup)**
- 2 tbsp. tomato paste**
- 1 tbsp. *Saveur Spiced Beet Hummus Mix***
- 1 tsp. Worcestershire sauce**

PREPARATION INGREDIENTS

For the Potato Salad:

- ½ lb. (250g) potatoes diced into ½" (1cm) pieces**
- 3 hardboiled eggs**
- 2 tbsp. mayonnaise**
- 2 tsp. *Saveur Ceylon Curry Spice***
- 2 green onions, chopped finely**

To top burgers:

- Lettuce**
- Cheese**
- Eggs**
- Sliced pineapple**
- Burger buns**
- Tomato**

METHOD

Mix all burger 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. Cook burgers on a heated grill or pan to your desired level of doneness. Fry eggs at same time to use as a topping for the burgers.

In the meantime, boil potatoes and 3 eggs until just cooked. Add a pinch of salt to water to prevent eggs from leaking during cooking. Remove from boiling water and rinse with cold water to stop cooking process. Peel eggs and cut into small pieces. Place potatoes, eggs, green onions in bowl. Mix Ceylon Curry Spice with mayonnaise. Combine the potato mixture with the mayonnaise mixture and set aside.

Once burgers and eggs are cooked, assemble on buns with other ingredients.



BEEF STEW WITH DUMPLINGS



SAVEUR PRODUCT USED

ROAST RUB, ONION GARLIC RUB,
CALIFORNIA ONION MIX

MAKE, TAKE & FREEZE

— with —
SAVEUR

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)**
- 2 carrots, peeled, diced (1.5 cups)**
- 7 oz. (200g) button mushrooms,
cut in half**
- 1 tbsp. *Saveur* Roast Rub**

PREPARATION INGREDIENTS

For the beef stew:

- 1 tbsp. ghee**
- ½ cup red wine**
- 3 cups beef stock**
- 14 oz. (400g) can diced tomatoes**

For the dumplings:

- 1 cup gluten free self-rising flour**
- 2 tbsp. butter**
- 1 tbsp. *Saveur* California Onion Mix**
- ½ cup buttermilk**

METHOD

Bag 1 – Place almond flour/meal and Onion Garlic Rub onto a plate. Toss beef in flour mixture, shake 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-base 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 wine, stock and tomato. Cover and bring to boil. Reduce heat to low. Simmer for 1 hour and 45 minutes. Simmer uncovered for 45 minutes. For more crunch, add vegetables during this step.

Place flour in bowl, rub in butter until mixture resembles fine bread crumbs. Make a well in the center. Add 1 tbsp. California Onion Mix and buttermilk. Stir until just combined. Place heaped tablespoons of mixture 1" (2cm) apart on the beef and vegetables. Cook uncovered for last 15 minutes or until dumplings are puffed and cooked through.

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

Slow Cooker Instructions Brown meat and 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.



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*

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



FISH PARCELS WITH CURRIED COCONUT VEGETABLES



SAVEUR PRODUCT USED

CALIFORNIA ONION MIX, CEYLON CURRY SPICE

SUBSTITUTIONS

Can substitute fish for 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 sugar snap peas

½ cup diced red pepper

½ cup yellow squash

1 cup broccoli

PREPARATION INGREDIENTS

14 oz. (400g) can coconut cream

1 cup rice (uncooked)

2 tsp. *Saveur Ceylon Curry Spice*

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 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 both bags in fridge overnight, following safe thaw instructions. Preheat the oven to 390°F (200°C). You will cook the rice and vegetables at the same time as the fish. Mix the Ceylon Curry Spice with the coconut cream. Place 1 cup rice on bottom of baking dish, put vegetables on top of rice and pour over curry coconut cream. Cover baking dish with foil and place in oven. Place fish still in alfoil unwrapped to allow to steam & 1Tbsp. water on a baking tray and bake for 15 minutes or until just cooked through.



PULLED PORK WITH APPLE & RADISH COLESLAW



SAVEUR PRODUCT USED

LOW N' SLOW BBQ SPICE, CALIFORNIA ONION MIX

SUBSTITUTIONS

Substitute pork for chicken or black beans.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

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

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

2 tbsp. honey or maple syrup or apple juice (optional)

PREPARATION INGREDIENTS

1½ cups chicken stock

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

4 red radishes, cut into matchsticks

¼ green cabbage, finely shredded

1 cup mint leaves, finely shredded

¼ cup whole egg mayonnaise

1 tbsp. *Saveur California Onion Mix*

METHOD

Combine Low N' Slow BBQ Spice and honey together in a small bowl. Rub mixture 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 apple, radish, cabbage, mint, California Onion Mix, and mayonnaise. Serve pork on bread rolls or wrap in lettuce cups with apple and radish coleslaw on the side.



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

3 medium zucchini, diced

1 lb. (500g) sugar snap peas

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.

