

# KETO KERALA EGG CURRY



## SAVEUR PRODUCT USED

TANDOORI SPICE & KERALA FRIED RICE

## SUBSTITUTIONS

Chicken, lamb, beef or pork can be added to fried rice for extra protein.

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**2 brown or yellow onions, finely diced (2 cups)**

**1 bell pepper, finely diced (1.5 cups)**

**4 ripe tomatoes, roughly chopped (3 cups)**

**2 stalks celery, sliced thinly (1 cup)**

**1 tsp. *Saveur Tandoori Spice***

**1 tsp. *Saveur Kerala Fried Rice Spice***

## PREPARATION INGREDIENTS

**8 eggs**

**2 tbsp. ghee**

**14 oz. (400ml) can of unsweetened coconut cream**

**1 head of cauliflower steamed and riced (or finely diced)**

## METHOD

Bag 1 – Combine diced vegetables and spices.

Remove air from bag to prevent freezer burn. Place bag into large freezer bag, label & date.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Hard boil, peel and halve 8 eggs. In a large pan, slowly brown the contents of the bag with 2 tbsp. ghee. Once the veggies are thoroughly cooked and are breaking down, pour in the can of coconut cream and add 1 tsp. Kerala Fried Rice Spice. Simmer for 4-5 mins, stirring occasionally. Carefully add the half eggs, cut side up, and simmer for a further 4-5 mins. Serve on cauliflower rice.

SERVING SUGGESTION: Great served with a dollop of natural yogurt. If you like your curry hot, add an extra teaspoon of Saveur Tandoori Spice. Take your rice to the next level by tossing with ¼ cup coconut cream and 1 tsp. Kerala Fried Rice Spice before serving.



# KETO SATAY CHICKEN WITH CAULIFLOWER FRIED RICE



## SAVEUR PRODUCT USED

SATAY SPICE & KERALA FRIED RICE

## SUBSTITUTIONS

Substitute chicken for beef, pork or tofu.

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

### For the meat:

- 1 lb. (500g) boneless, skinless chicken breasts, thinly sliced**
- 1 brown or yellow onion, sliced (1 cup)**
- 1 bell pepper, sliced (1.5 cups)**
- 1 cup mushrooms, sliced**
- 3.5 oz. (100g) green beans, tips trimmed**
- 2 tbsp. soy sauce or coconut aminos**
- 2-3 tsp. *Saveur Satay Spice***

### For the vegetables:

- 1 onion, finely diced (3/4 cup)**
- 1/2 cup mushrooms, diced**
- 1/2 cup celery, chopped**
- 1 pepper, finely diced (3/4 cup)**
- 3.5 oz. (100g) green beans, finely diced**
- 1 tbsp. Bragg Liquid Aminos**
- 1 tbsp. *Saveur Kerala Fried Rice Spice***

## PREPARATION INGREDIENTS

- 2 tbsp. ghee**
- 14 oz. (400ml) can coconut cream**
- 1/4 cup almond butter**
- 1 egg**
- 1/4 cup nuts/seeds of choice, roasted**
- 4 cups of cooked cauliflower rice**

## METHOD

Bag 1 (large) – Mix chicken and sliced veggies with liquid aminos and spices.

Bag 2 (medium) – Combine diced veggies with liquid aminos and spices.

Remove all air from bags to prevent freezer burn. Place into large freezer bag, label, date and freeze until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

In a wok or large frypan, brown the contents of Bag 1 in 1 tbsp. ghee. Add nut butter and mix well, working quickly to ensure it doesn't burn. Once combined, add coconut cream and reduce to a simmer. Stir occasionally as it thickens. Once thickened, remove from heat and set aside. In a separate wok or large frypan, brown the contents of Bag 2 in 1 tbsp. ghee. Crack egg over the top, stirring quickly, as it cooks. Remove vegetables from heat, add cauliflower rice and mix well. Serve the chicken on top of the fried rice.

Note: For a milder dish, use 2 tsp. Satay Spice. For a "medium" heat level, use 3 tsp. Satay Spice.



# KETO TAKE-IN PIZZA BBQ BEEF AND TANDOORI CHICKEN



## SAVEUR PRODUCT USED

SAFARI RUB & TANDOORI SPICE & PIZZA SPICE

**MAKE, TAKE & FREEZE**

— with —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**5.28 oz. (150g) beef steak, thinly sliced**  
**1 tsp. barbecue sauce**  
**1 tsp. Saveur Safari Rub**  
**7 oz. (200g) chicken breast, thinly sliced**  
**1 tbsp. Greek or natural yogurt**  
**1 tsp. Saveur Tandoori Spice**  
**1 tsp. Saveur Pizza Spice**  
**1 small onion, sliced finely**  
**1 small bell pepper, sliced**  
**3.5 oz. (100g) nitrate-free bacon, diced**  
**3.5 oz. (100g) mushrooms, sliced**

## PREPARATION INGREDIENTS

### For pizza crust:

**½ lb. (250g) cheese, grated**  
**6 oz. (170g) almond meal or almond flour**  
**4 tbsp. cream cheese**  
**2 eggs**  
**Pinch of salt**  
**2 tsp. Saveur Pizza Spice**

### For toppings:

**Handful of baby spinach leaves (20g)**  
**4 tbsp. tomato paste**  
**9 oz. (250g) mozzarella cheese, grated**

## METHOD

**Bag 1** – Mix thinly sliced beef, barbecue sauce and Safari Rub in a small bowl. Add to small zip-top bag. **Bag 2** – Mix thinly sliced chicken, 1 tbsp. yogurt and 1 tsp. Tandoori Spice in a small bowl. Add to small zip-top bag. **Bag 3** – In a small zip-top bag, add ½ the onion, ½ the pepper, all the bacon and all the mushrooms. **Bag 4** – In a small zip-top bag add the rest of the onion and the pepper.

Remove air from bags to prevent freezer burn. Place both bags into large freezer bag, label & date.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Preheat oven to 400°F (200°C). To make crust, mix the grated cheese and almond meal in a microwaveable bowl. Add the cream cheese. Microwave on high for 1 minute. Stir the mixture, then microwave for a further 30 seconds. Add the egg and spices, mix gently. Split mix into two equal pieces to create two crusts. Place first crust in between 2 pieces of parchment paper and roll into the desired shape. Repeat with the second crust. Remove top piece of parchment paper. If crust becomes hard, microwave for further 10-20 seconds without parchment paper. Microwaving the crust for too long will cause egg to cook. Prick the crusts all over with a fork to ensure consistent cooking. Place crusts on individual trays and bake at 425°F (220°C) for 12-15 minutes, or until brown. Crusts can be flipped mid-way through baking. Mix tomato paste and Pizza Spice together and spread on baked crusts. Sprinkle with cheese. Add contents of Bags 1 and 3 on one pizza crust, and Bags 2 and 4 on the other. Place pizzas on individual trays and cook for 15 minutes, checking regularly. Top the Tandoori Chicken pizza with a handful of baby spinach as it comes out of the oven and allow to wilt slightly for a few minutes.

Serve with salad as a side.



# KETO THAI FISH CAKES WITH WARM ASIAN SALAD



## SAVEUR PRODUCT USED

THAI MIX & SATAY SPICE

## SUBSTITUTIONS

Substitute fish with ground chicken or pork. For a milder dish, use 2 tsp. Thai Mix. For a “medium” heat level, use 3 tsp. Thai Mix. Broccolini, celery, pepper, cauliflower and carrots are great vegetables to use in this recipe.

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**For fishcakes:**

**1 lb. (500g) white fish, skinned & boned**

**1 egg**

**3 tbsp. almond flour/meal**

**1 tbsp. fish sauce**

**1-2 tbsp. *Saveur Thai Mix***

**3 shallots or green onions, finely sliced**

**For salad:**

**3 cups vegetables, sliced**

**1 tsp. *Saveur Satay Spice***

**¼ cup tamari or Bragg Liquid Aminos**

**1 tbsp. fish sauce**

## PREPARATION INGREDIENTS

**4 tbsp. ghee**

**¼ cup roasted cashews**

**For satay dipping sauce (optional):**

**1 tsp. *Saveur Satay Spice***

**2 tbsp. nut butter**

**1 tbsp. soy sauce**

**Juice of 1 lemon or lime**

## METHOD

Bag 1 (large) – Very finely dice fish (or pulse in a food processor). Add egg, flour, fish sauce and spice, then mix well. Gently mix in shallots (if using a food processor, mix in a bowl). Shape mixture into 8 patties and carefully place in large zip-top bag in a single layer.

Bag 2 (large) – Combine 3 cups of sliced vegetables, 1 tsp. Satay Spice, ¼ cup tamari or Bragg Liquid Aminos, and 1 tbsp. fish sauce in a zip-top bag.

Remove all air from bags to prevent freezer burn. Place both bags into large freezer bag, label, date and freeze until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

In a frypan, gently cook the fishcakes in ghee. Try to only turn them once. Drain on paper towel. Gently sauté the contents of Bag 2. Serve fishcakes with warm salad and top with cashews. If serving with satay dipping sauce, combine all sauce ingredients in a bowl and mix well to combine.

SERVING SUGGESTION: Great with a crisp wombok (cabbage) salad in summer or on a platter with a satay dipping sauce for entertaining.



# KETO ZUCCHINI LASAGNE



## SAVEUR PRODUCT USED

GARLIC MIX & PIZZA SPICE

## SUBSTITUTIONS

Substitute beef with chicken, pork or turkey.

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**1 large eggplant, diced into ½" (1cm) pieces**

**3 large tomatoes, diced**

**2 red peppers, cut in ½" (1cm) pieces**

**1 large brown onion, diced**

**4 garlic cloves, diced finely**

**1 tsp. Saveur Pizza Spice**

**1 lb. (500g) ground beef**

**1 tbsp. Saveur Garlic Mix**

**1 tsp. Saveur Pizza Spice**

**1 tsp. salt**

## PREPARATION INGREDIENTS

**For vegetables and beef:**

**3 tbsp. ghee**

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

**2 tbsp. sugar free tomato paste**

**For cheese sauce and zoodles:**

**3 tbsp. butter**

**1 tbsp. Saveur Garlic Mix**

**½ tsp. xanthan gum**

**1.5 cups (14 fl. oz.) milk**

**2 cups grated, shaved, or crumbled cheese (mozzarella or feta)**

**4 large zucchini, cut lengthways very thinly (use mandolin)**

## METHOD

Bag 1 (large) – Combine eggplant, tomato, pepper, onion, and garlic with 1 tsp. Saveur Pizza Spice.

Bag 2 (medium) – Combine ground beef, 1 tbsp. Saveur Garlic Mix, 1 tsp. Saveur Pizza Spice, and salt.

Remove all air from bags to prevent freezer burn. Place both bags into large freezer bag, label, date and freeze until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Preheat oven to 350°F (180°C). Place contents of Bag 1 with 2 tbsp. ghee and brown well in a saucepan. Remove and place in a bowl. In the same saucepan, brown contents of Bag 2 in 1 tbsp. ghee. Add roasted vegetables and can of crushed tomatoes and simmer until liquid is almost gone. Add 2 tbsp. tomato paste.

To make cheese sauce, add butter to saucepan with 1 tbsp. Saveur Garlic Mix and heat until butter is melted. Add xanthan gum, stir. Add cream and reduce heat to medium. Stir constantly. As sauce thickens, add 1 cup cheese, continue to stir until thick.

Start your lasagna with beef on the bottom of a 13x9 pan, then layer with zucchini strips, then more beef, cheese sauce, then zucchini strips. Top with more cheese sauce and cheese. Top with a little Saveur Garlic Mix and bake at 340°F (170°C) for 40 minutes. Allow to cool slightly before cutting.

SERVING SUGGESTION: Great served with salad.



# KETO CHICKEN WITH RAINBOW VEGETABLES



## SAVEUR PRODUCT USED

GARLIC MIX & SAFARI RUB

## SUBSTITUTIONS

Substitute chicken with lamb or pork loin chops. Broccoli, cauliflower, bell pepper, butternut pumpkin/squash and red onions are delicious combinations to try. Serve with salad instead of baked vegetables for a lighter option.

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**6-8 chicken legs (1 lb./500-650g)**

**2 tbsp. coconut flour**

**1 tbsp. *Saveur* Garlic Mix**

**1 tsp. *Saveur* Safari Rub**

**6-8 cups mixed vegetables in a variety of colors**

**1 tbsp. *Saveur* Garlic Mix**

## PREPARATION INGREDIENTS

**4 tbsp. ghee**

**½ cup Parmesan cheese, grated**

## METHOD

Bag 1 (large) – Place flour and spices in the bag first. Add chicken on top and seal the bag, without pressing out the air. Gently shake until the chicken is coated. Press air out of bag and seal.

Bag 2 (large) – Combine chopped vegetables and Garlic Mix and shake to coat vegetables with seasoning.

Remove air from bags to prevent freezer burn. Place both bags into a large freezer bag, label, and date until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Preheat oven to 350°F (180°C). Place contents of Bag 1 on a baking tray and brush with 2 tbsp. ghee. Bake for 30-40 minutes.

Place contents of Bag 2 on a separate baking tray and drizzle with remaining ghee. Sprinkle with grated Parmesan cheese and bake for 30-40 minutes.





# KETO SHAKE 'N' BAKE CHICKEN WITH RAINBOW VEGETABLES



## SAVEUR PRODUCT USED

GARLIC MIX & SAFARI RUB

## SUBSTITUTIONS

Lamb or pork loin chops can be substituted.

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**6-8 Chicken Legs 500-650g/1 - 1.2lb**

**2 tbsp. Coconut flour**

**1 tbsp. *Saveur Garlic Mix***

**1 tsp. *Saveur Safari Rub***

**6-8 cups mixed veg in a variety of colors (broccoli, cauliflower, capsicum/bell pepper, butternut pumpkin/squash and red onions work great together)**

**1 tbsp. *Saveur Garlic Mix***

## PREPARATION INGREDIENTS

**4 tbsp. Ghee**

**½ cup parmesan cheese**

## METHOD

Bag 1 – (large) – Place flour and spices in the bag first. Add chicken on top and seal the bag with air still in. Gently shake till the chicken is coated.

Bag 2 – (large) – Combine chopped vegetables and garlic mix.

Remove air from bags to prevent freezer burn. Place both bags into large freezer bag, label & date.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Preheat oven to 180C/350F. Place contents of Bag 1 on a baking tray and brush with 2T Ghee. Bake for 30-40 mins.

Place contents of bag 2 on a separate baking tray and drizzle with remaining ghee. Sprinkle with parmesan cheese and bake for 30-40mins.

SERVING SUGGESTION: Great served with salad rather than the veggie bake.

