

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.



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 large zucchini, finely diced (1.5 cups)

8 Brussels sprouts, roughly chopped (2 cups)

2 stalks celery, sliced thinly (1 cup)

1 tsp. *Saveur Tandoori Spice*

1 tsp. *Saveur Kerala Fried Rice Spice*

PREPARATION INGREDIENTS

8 eggs

14 oz. (400ml) can of cherry tomatoes

2 tsp. Bragg Liquid Aminos

¼ cup chicken stock

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 rice or 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.



SATAY CHICKEN WITH FRIED RICE



SAVEUR PRODUCT USED

SATAY SPICE & KERALA FRIED RICE

SUBSTITUTIONS

Beef, pork or Tofu can be substituted.

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 carrot thinly sliced (1 cup)**
- 3.5 oz. (100g) green beans, tips trimmed**
- 2 tbsp. Soy sauce or coconut aminos**
- 2 tbsp. soy sauce or coconut aminos**
- 2-3 tsp. *Saveur Satay Spice***

For the vegetables:

- 1 onion, finely diced (3/4 cup)**
- 1 carrot, finely diced (3/4 cup)**
- 1 pepper, finely diced (3/4 cup)**
- 3.5 oz. (100g) green beans, finely diced**
- 1 tbsp. soy sauce or coconut aminos**
- 1 tbsp. *Saveur Kerala Fried Rice Spice***

PREPARATION INGREDIENTS

- 2 tbsp. ghee**
- 14 oz. (400ml) can coconut cream**
- ¼ cup peanut butter (or your choice of nut butter)**
- 1 egg**
- ¼ cup roasted nuts of choice**
- 4 cups of cooked rice**

METHOD

Bag 1 (large) – Mix chicken and sliced veggies with soy sauce and spices.

Bag 2 (medium) – Combine diced veggies with soy sauce 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 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.



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, beetroot, 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.



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

For sauce and toppings:

4 tbsp. tomato paste

1 tsp. Saveur Pizza Spice

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 small onion, sliced finely

1 small bell pepper, sliced

3.5 oz. (100g) nitrate-free bacon, diced

3.5 oz. (100g) mushrooms, sliced

9 oz. (250g) mozzarella cheese, grated

(not needed until cooking for low carb version)

For pizza crust:

2.5-3 cups self-raising flour (this will vary by brand; can also use gluten free flour)

1.5 cup of Greek/natural yogurt

1 tsp. Saveur Pizza Spice

PREPARATION INGREDIENTS

Handful of baby spinach leaves (20g)

METHOD

In a small bowl, mix the tomato paste with 1 tsp. Saveur Pizza Spice. Mix thinly sliced beef, barbecue sauce and Safari Rub in a small bowl. Mix thinly sliced chicken, 1 tbsp. yogurt and 1 tsp. Tandoori Spice in a small bowl. In a large bowl, mix flour, yogurt and 1 tsp. pizza spice. As it comes together, turn out onto a board and knead. Add more flour if necessary. After a few minutes, it should become smooth. Divide the dough in two equal pieces and roll/press out into two rounds 8" (20cm) in diameter. Place these on parchment paper. Divide the tomato paste evenly between the two crusts and spread almost to the edge. Top one crust with half the onion, half the pepper, all the bacon, mushrooms, and beef (Place beef towards top of pizza to cook completely). Top the other crust with the remaining onion, pepper, and chicken (Place chicken towards top of pizza to cook completely). Divide the 9 oz. of cheese between the two pizzas and spread evenly. Top each pizza with another sheet of parchment paper and gently slide into large zip-top bags for freezing.

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). 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 mins.

Serve with salad as a side.



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, peppers, snowpeas, 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. gluten free corn starch

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 soy sauce or coconut 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, corn starch, 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 soy sauce or coconut 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.



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. tomato paste

For cheese sauce and zoodles:

3 tbsp. butter

1 tbsp. Saveur Garlic Mix

½ tsp. corn starch

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 corn starch, stir. Add milk 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.

