

REV90 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. chicken stock at a time. Once the veggies are thoroughly cooked and are breaking down, pour in the can of cherry tomatoes, Liquid Aminos 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 cottage cheese (*only if in maintenance*). If you like your curry hot, add an extra teaspoon of *Saveur Tandoori Spice*. Take your rice to the next level by tossing with 1 tsp. Bragg Liquid Aminos and 1 tsp. Kerala Fried Rice Spice before serving.



REV90 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:

.66 lb. (300g) 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 (only if in maintenance)

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.



REV90 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. sugar free tomato sauce**
- 1 tsp. *Saveur Safari Rub***
- 7 oz. (200g) chicken breast, thinly sliced**
- 1 tbsp. Greek or natural yogurt** (only if in maintenance)
- 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 cauliflower pizza crust:

- 4 lb. (2kg) cauliflower florets**
- 2 eggs, beaten**
- 2/3 cup cheese, grated** (only if in maintenance)
- 2 tsp. *Saveur Pizza Spice***
- Pinch of salt**

For toppings:

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

METHOD

Bag 1 – Mix thinly sliced beef, tomato sauce and Safari Rub in 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 cauliflower rice, pulse in food processor or chop very finely until it resembles rice. Fill a pot with 1" (2.5cm) water and bring to a boil. Add the cauliflower and cover. Let it cook for 4-5 minutes. Drain. Once drained transfer to a thin, clean dishtowel and squeeze out any extra liquid. In a bowl, mix the rice with the beaten egg, cheese and spices very well. Separate into two equal amounts to make two pizza crusts. Press dough onto lined baking trays to keep cauliflower from sticking. Bake for 35-40 minutes. The finished crusts should be firm and golden brown. 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.



REV90 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. Broccoli, celery, pepper, cauliflower and carrots are great vegetables to use in this recipe.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

For fishcakes:

.66 lb. (300g) 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 Bragg Liquid Aminos

1 tbsp. fish sauce

PREPARATION INGREDIENTS

4 tbsp. ghee (only if in maintenance)

¼ cup sesame and sunflower seeds

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 4 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 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 roasted seeds. If serving with satay dipping sauce, combine all sauce ingredients in a bowl and mix well to combine.



REV90 ZUCCHINI LASAGNE



SAVEUR PRODUCT USED

GARLIC MIX & PIZZA SPICE

SUBSTITUTIONS

Substitute turkey with chicken or pork.

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 turkey

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 (only if in maintenance)

1 tbsp. Saveur Garlic Mix

½ tsp. xanthan gum

1.5 cups (14 fl. oz.) milk (only if in maintenance)

2 cups grated, shaved, or crumbled cheese (mozzarella or feta) (only if in maintenance)

4 large zucchini, cut lengthways very thin (use mandolin)

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

METHOD

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

Bag 2 (medium) – Combine ground turkey, 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 milk and reduce heat to medium. Stir constantly. As sauce thickens, add 1 cup cheese, continue to stir until thick.

Start your lasagna with turkey on the bottom of a 13x9 pan, then layer with zucchini strips, then more turkey, 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.



REV 90 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

4 chicken legs (.9lb/400g)

2 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

Air fry chicken

4 tbsp. ghee (only if in maintenance)

½ cup Parmesan cheese, grated

METHOD

Bag 1 (large) – Place 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 the 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 Parmesan cheese and bake for 30-40 minutes.



REV90 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

4 Chicken Legs 400g/.9lb

2 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 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.

