

# KETO SPANISH CHICKEN BAKE



## SAVEUR PRODUCT USED

SPANISH PAELLA SPICE, SEASONED SALT,  
NUTMEG BLEND BAKING SPICE

## FREEZER WORKSHOP INGREDIENTS

- 4 chicken thigh cutlets (skin on/bone in)**
- 2 tsp. Saveur Spanish Paella Spice**
- 1tbsp. ghee/olive oil**
- 1½ tsp. Saveur Seasoned Salt**
- 500G/1LB pumpkin large diced**
- 1 red onion cut into wedges**
- ½ tsp. Saveur Nutmeg Blend Baking Spice**

## PREPARATION INGREDIENTS

- 1 red capsicum/pepper seeded and coarsely chopped**
- 1 zucchini, halved lengthways and thickly sliced diagonally**
- ½ cup Kalamata olives**
- ½ cup chicken stock**

## MAKE, TAKE & FREEZE

*with*  
**SAVEUR**

## METHOD

BAG 1 - Mix together Spanish Paella Spice and Seasoned Salt. Rub on chicken thighs. Place into Zip Lock Bag.

BAG 2 - Mix together in bag the pumpkin & red onion with nutmeg and 1/2 tsp. Seasoned Salt until well covered. Seal.

Remove excess air to prevent freezer burn. Label, Date and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Preheat oven to 390°F/200°C.

Heat a large frying pan over medium heat. Add ghee/olive oil and cook chicken for 2 minutes each side or until golden brown. Transfer to a baking dish. Add the pumpkin and onion to the pan and cook, tossing for 5 minutes or until lightly golden.

Arrange the pumpkin, onion, capsicum/pepper, zucchini and olives around the chicken in the dish. Pour the stock around the chicken.

Bake for 35-40 minutes or until chicken is cooked through and vegetables are tender.



# KETO COFFEE CRUSTED LAMB WITH BLUEBERRIES



## SAVEUR PRODUCT USED

BE THE CHANGE COFFEE RUB, SEASONED SALT,  
GUACAMOLE MIX

## FREEZER WORKSHOP INGREDIENTS

**2 tbsp. Saveur Be The Change Coffee Rub**

**1 clove garlic**

**1 tsp. Saveur Seasoned Salt**

**500g lamb, diced into 2cm cubes**

**2 tbsp. ghee/olive oil**

## PREPARATION INGREDIENTS

**500g pumpkin, diced**

**1 tbsp. Saveur Guacamole Mix**

**½ cup brown/yellow onion, chopped**

**1 garlic clove, minced**

**½ cup balsamic vinegar**

**1 cup vegetable broth/stock**

**½ tsp. Saveur Seasoned Salt**

**2 tbsp. butter**

**¼ cup basil, chopped**



## MAKE, TAKE & FREEZE

*with*  
**SAVEUR**

## METHOD

BAG 1 - Mix oil garlic, salt and coffee mix together. Add lamb to large zip-top bag. Pour in spice mix and 1 tbsp. ghee/oil and rub well into meat. Seal and remove excess air to prevent freezer burn.

Place into large bag. Label, date and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

In a pot of hot water, boil pumpkin until tender and drain. Add 1tbsp butter and mash until smooth. Add Seasoned Salt and Guacamole Mix and stir. Place lid on to keep warm. Place pan on stovetop and heat till medium. Add lamb and sear all over, approx. 3 minutes for medium rare, or to your liking. Remove from pan and set aside. Keep warm.

In a large saucepan over medium heat, add butter. Once hot, add onions and sauté for 2 minutes or until glossy. Add the garlic and sauté for another 30 seconds. Place the blueberries in the pan and cook, stirring often, for 3 minutes. Add balsamic vinegar to the pan and bring to a boil. Continue boiling until almost completely reduced, around 5 minutes. Add the vegetable stock with salt and pepper and bring the sauce to a boil. Add the chopped basil and reduce the heat to a simmer for 5 minutes. Take the sauce off the stove, add the remaining butter to the pan and stir to dissolve.

Serve lamb on bed of pumpkin mash, topped with blueberry reduction.



# KETO MEXICAN BEEF SOUP



## SAVEUR PRODUCT USED

TACO SPICE MIX, SEASONED SALT, GUACAMOLE MIX

## FREEZER WORKSHOP INGREDIENTS

- 2 tbsp. water**
- 1 lb./500g gravy beef, cut into 1-inch/2cm pieces**
- 1 brown/yellow onion, thinly sliced**
- 2 tsp. Saveur Taco Spice**
- 1 tsp. Saveur Seasoned Salt**
- 1 tbsp. Saveur Guacamole Mix**
- 14 oz./400g can crushed tomatoes**
- 1 large green pepper, seeded, cut into thin strips**
- 1 large cauliflower, cut into florets**

## PREPARATION INGREDIENTS

- 3 cups beef stock**
- Cottage cheese** (Optional if on maintenance)
- Lime wedges**

## MAKE, TAKE & FREEZE

*with*  
**SAVEUR**

## METHOD

BAG 1 - Mix Taco Spice, Seasoned Salt and Guacamole Mix together. Add beef to large zip-top bag. Toss beef well to coat.

Bag 2 - Add all other ingredients to zip-top bag.

Place BOTH bags into a large zip-top bag. Remove excess air to prevent freezer burn. Label, date and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Heat a large, deep saucepan and add Bag 1. Cook for 5 minutes or until browned. Transfer to a heatproof bowl. Add stock and 1½ cups water. Bring to simmer. Return the beef to the pan. Reduce heat to low. Cook covered for 1 hour and 20 minutes.

Add Bag 2 and cook covered for 20 minutes or until vegetables and beef are tender.

Top with cottage cheese if on maintenance and serve with lime wedges.



# KETO ONE PAN CAJUN CHICKEN DINNER



## SAVEUR PRODUCT USED

CAJUN MIX, SEASONED SALT, TACO SPICE

MAKE, TAKE & FREEZE  
with  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**4 chicken thigh cutlets (skin on/bone in)**

**2 tbsp. Saveur Cajun Mix**

**1 tsp. Saveur Taco Spice**

**500g brusell sprouts, cut in half**

**2 tbsp. ghee/olive oil**

## PREPARATION INGREDIENTS

**2 tbsp. olive oil, divided**

**1 green pepper, diced into 1-inch/  
2cm pieces**

**1 red pepper, diced into 1-inch/  
2cm pieces**

**1 large red onion, diced into 1-inch/  
2cm pieces**

**1 tsp. Saveur Seasoned Salt**

**Fresh parsley, chopped (optional)**

**1 lemon**

## METHOD

BAG 1 - Mix together Cajun Mix, 1 tbsp. oil and add to chicken in zip-top bag. Rub seasoning in well. Seal ensure excess air is removed.

Bag 2 - Place brusell sprouts into zip lock bag add remainder of oil and Taco Spice. Mix well, ensuring sprouts are well covered. Seal and ensure excess air is removed.

Place both bags into a large zip-top bag and seal. Remove excess air to prevent freezer burn. Label, date and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Preheat oven to 425°F.

Place chicken skin side down in baking pan on baking paper.

Transfer brussell sprouts to baking sheet, placing them around chicken thighs. Roast in preheated oven for 30 minutes.

Remove pan from oven. Add bell peppers and red onion over brussell sprouts and toss. Turn over chicken and then return to oven. Roast about 10 - 15 minutes longer until chicken is golden and cooked through and sprouts are tender.

Serve warm, sprinkled with parsley and season with Seasoned Salt to taste. Squeeze over lemon juice.



# KETO BLACKENED SALMON WITH SAUTEED PUMPKIN



## SAVEUR PRODUCT USED

SPICY CAJUN MIX, SEASONED SALT, GUACAMOLE MIX

MAKE, TAKE & FREEZE  
*with*  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**4 pieces salmon (.4lb/200g each)**

**2 tbsp. Saveur Spicy Cajun Mix**

**1 tsp. Saveur Seasoned Salt**

**1 tbsp. ghee or olive oil**

## PREPARATION INGREDIENTS

**2 lb./1kg butternut pumpkin, sliced**

**¼" (½ cm) thick**

**80ml ghee or olive oil**

**1 tbsp. Saveur Guacamole Mix**

**1tsp. Saveur Seasoned Salt**

**Salad greens**

## METHOD

BAG 1 - Mix Spicy Cajun Mix and Seasoned Salt together. Rub salmon with ghee or oil & rub with Cajun/salt mixture. Place onto baking paper to separate salmon pieces.

Place into large zip-top bag. Remove excess air to prevent freezer burn. Label and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Place sliced pumpkin in a large saucepan and cover with cold water. Bring to the boil over high heat. Cook uncovered for 10 minutes or until tender. Drain.

Return to pan with ghee/oil and sauté each side until golden. Season with Guacamole Mix and Seasoned Salt. Cover to keep warm.

Heat a large frying pan with a heavy base over medium heat. Add the salmon, skin side down, and cook for 3 minutes on each side, or until cooked to your liking.

Serve with sautéed pumpkin and salad greens.



# KETO THICK VEGETABLE STEW



## SAVEUR PRODUCT USED

GUACAMOLE MIX, SEASONED SALT,  
NUTMEG BLEND BAKING SPICE

## FREEZER WORKSHOP INGREDIENTS

**1 cup leeks, sliced**  
**1 large brown/yellow onion, sliced**  
**1 cup red cabbage, finely sliced**  
**1 cup celery, sliced**  
**1 cup broccoli florets**  
**1 cup cauliflower florets**  
**½ cup snow peas, sliced diagonally**  
**2 radishes, finely cut into small matchsticks**  
**2 tbsp. Saveur Guacamole Mix**  
**1 tsp. Saveur Seasoned Salt**  
**1 cup vegetable stock**

## PREPARATION INGREDIENTS

**14 oz./400g can diced tomatoes**  
**2 cloves garlic, minced**  
**2 cups vegetable stock**  
**1 cup mushrooms**  
**1 cup kale, finely sliced**  
**Coconut flour**  
**¼ cup water**  
**½ cup bean sprouts**  
**Fresh chives**

## MAKE, TAKE & FREEZE

*with*  
**SAVEUR**

## METHOD

BAG 1 – Mix together the Guacamole Mix and Seasoned Salt and add to the stock. Place all the vegetables in a large zip-top bag and add the seasoned stock, mix well. Seal to ensure excess air is removed to prevent freezer burn.

Place into a large zip-top bag, label, date and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Add the stock, garlic and tomatoes to pan with Nutmeg Blend Baking Spice and bring to the boil. Add all of the zip-top bag to the stock pot and bring to a gentle boil. Once boiling, simmer until vegetables are cooked to your liking and add mushrooms near the end. In the last 5 minutes of cooking, add kale to the vegetable stock.

Blend coconut flour with water and add to pot until you reach a thickness that resembles a casserole consistency and not a soup.

Serve with fresh chives and bean sprouts for crunch.

