

AUSSIE
BEEF, LAMB
& GOAT

THE BEST OF AUSTRALIA

Red Meat

RECIPES AND NUTRITIONAL GUIDES

A ready reference for retail dietitians



#AskforAussie

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G'Day mate!

We’re Aussie Beef & Lamb, the industry group representing all the farmers, ranchers and suppliers of Australian grassfed beef and lamb into America and around the world. We don’t buy or sell any product ourselves, but we’re here to help retail dietitians like you with healthy, delicious recipe inspiration, loads of nutritional resources and handy guides you can use in your own outreach efforts.

All of the photos, recipes, tips and guides in this booklet are available for use anywhere Australian beef and lamb are sold. And there's heaps more, from video content to social media content. Beyond what's "in the case" already, we love to create new programming that's custom fit to a retailer's needs and integrates with your promotions.

Interested in a custom program?
Send us a line infona@mla.com.au

AUSSIE LAMB RECIPES

- AUSSIE LAMB MEATBALLS WITH POMEGRANATE
MOLASSES AND WHIPPED FETA 03
- PEPPERS STUFFED WITH AUSSIE LAMB, FETA,
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SERVES 6 | RECIPE BY PAM SMITH, RDN

AUSSIE LAMB MEATBALLS WITH POMEGRANATE MOLASSES AND WHIPPED FETA

Meatballs with delicious pasture-raised Aussie lamb are always a hit when entertaining. Chef Pam's meatballs will put a smile on the face of every guest.

Ingredients

For meatballs:

- 1 ½ pounds Australian ground lamb
- 2 small cloves garlic, minced
- 1 tablespoon finely grated orange zest
- 2 teaspoons smoked paprika
- 2 teaspoons Creole seasoning
- 1 cup Panko dry breadcrumbs
- 1 cup 1% milk
- 2 eggs, lightly beaten
- ½ cup finely chopped mint
- 4 tablespoons pomegranate molasses, plus additional for garnish

For whipped feta:

- 6 ounces feta, crumbled
- ½ Greek nonfat yogurt
- 1 tablespoon extra virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon lemon zest
- ½ teaspoon Creole Seasoning
- ½ cup dill sprigs

Method

Preheat the oven to 425° F. Place oven rack close to heating element at top of oven. Combine meatball ingredients in a large bowl and mix until just combined. Form into 1-inch meatballs. Transfer to a foil-lined baking sheet. Add the sheet pan to the oven and cook for 4 minutes; roll to other side and cook another 3-4 minutes

Switch oven to the broiler setting. Broil meatballs another couple of minutes until golden and just cooked through. Brush immediately with pomegranate molasses

For whipped feta: Place the feta and yogurt in the bowl of a food processor fitted with the steel blade. Pulse until the cheese and yogurt are smooth.

Add the olive oil, lemon juice, zest and Creole seasoning and process until creamy.

To serve: Swoosh 1 oz. whipped feta onto a small rectangular plate. Add 3 meatballs and sprinkle with mint or microgreens. Drizzle plate with additional Pomegranate Molasses. Serve with pita chips, if desired.

Nutrition Facts:

CALORIES: 200
CHOLESTEROL: 65MG
CARBOHYDRATE: 14G
FAT: 11G

PROTEIN: 11G
IRON: 2G
FIBER: 1G
SODIUM: 250MG



SERVES 5 | RECIPE BY AUSSIE BEEF & LAMB

PEPPERS STUFFED WITH AUSSIE LAMB, FETA, COUSCOUS AND BLACK OLIVES

This Mediterranean-inspired recipe gives classic stuffed peppers a unique twist with couscous, feta, and Australian lamb. Complete with a meat, a starch, veggies, and cheese, it makes for a filling, feel-good dinner.

Ingredients

- 1 ½ pounds Australian ground lamb
- 1 teaspoon olive oil
- 1 large onion, peeled and finely chopped
- 3 cloves garlic, peeled and crushed or finely chopped
- 1 teaspoon dried oregano
- 1 cup dry red wine
- 1 cup passata (crushed tomato)
- 1 pinch nutmeg
- 1 pinch cinnamon
- ½ cup couscous
- ¼ cup feta, chopped
- ½ cup pine nuts, lightly toasted
- ½ cup kalamata olives, pitted
- 1 bunch flatleaf parsley, roughly chopped
- 10 large peppers
- Extra Virgin olive oil
- 1-2 cups fresh tomato sauce (optional)

Method

Heat olive oil in a heavy-based pan and gently fry onion and garlic until onion begins to color. Increase heat, add the ground lamb and brown well, breaking up thoroughly.

Add the oregano, red wine, passata, nutmeg and cinnamon and simmer gently for one hour, until meat has cooked and sauce is thick.

Prepare couscous according to packet directions.

Mix meat with couscous, feta, pine nuts, olives and parsley. Cut tops off pepper and remove seeds and membranes as thoroughly as possible. Brush with oil and stuff with lamb mixture.

Bake the stuffed peppers in a moderately hot oven, until pepper skin begins to wrinkle – about 40 minutes.

Nutrition Facts:

CALORIES: 568

CARBOHYDRATES: 31 G

CHOLESTEROL: 104 MG

PROTEIN: 32 G

FAT: 31 G

SODIUM: 872 MG

POTASSIUM: 1,048 MG

FIBER: 5 G

SUGAR: 10.5 G

VITAMIN C: 227 MG

CALCIUM: 136 MG

IRON: 4.1 MG



SERVES 4 | RECIPE BY CHEF ADAM MOORE

AUSSIE LAMB AND SAUSAGE GUMBO

Nothing says New Orleans like gumbo. Here it's updated with Aussie lamb. Serve it the way they do in the Big Easy, over steaming rice.

Ingredients

- 1 slice minced bacon
- 1 pound Australian lamb shoulder, trimmed and diced
- 8 ounces Andouille sausage
- 1 tablespoon smoked paprika
- 1 tablespoon dried thyme
- 4 tablespoons flour
- 1 diced onion
- 1 diced green bell pepper
- 2 stalks of celery, diced
- 2 tablespoons minced garlic
- 5 cups vegetable stock
- Kosher salt and black pepper to taste
- Fresh thyme leaves and parsley leaves as desired
- Kitchen bouquet, optional, as needed for color

Method

Preheat a large sauce pot over medium heat. Add the bacon and cook, stirring occasionally, until the fat has been rendered. Add the lamb, sausage, paprika, and dried thyme; cook until lightly browned, about 7 minutes. Stir in the flour to create a roux. Cook it for 1 minute. Add the onion, bell pepper, celery, and garlic. Cook until the onions are translucent and fragrant. Add the stock and bring it to a boil. Cook for 30 minutes, reducing the mixture by about a quarter. Add salt and pepper to taste. When the desired flavor is achieved, add Kitchen Bouquet, if desired, to develop a darker color. Garnish bowls of gumbo with fresh chopped thyme and parsley.

Nutrition Facts:

CALORIES: 489

CARBOHYDRATES: 16 G

CHOLESTEROL: 123 MG

PROTEIN: 34 G

FAT: 30.5 G

SODIUM: 1,689 MG

POTASSIUM: 709 MG

FIBER: 1.5 G

SUGAR: 5 G

VITAMIN C: 45 MG

CALCIUM: 56 MG

IRON: 3.1 MG



Scan QR code to watch recipe video



SERVES 4 | RECIPE BY AUSSIE BEEF & LAMB

HERB-CRUSTED AUSSIE LAMB CUTLETS WITH RED CABBAGE AND GREEN APPLE SLAW

This one looks gorgeous on the ‘gram, and comes together in a flash. Quick-cooking Aussie lamb chops are done in the oven while you whip up a tasty honey-lemon dressing for the salad. Delish!

Ingredients

For herb crusted lamb cutlets:

- 12 each frenched, fat trimmed Aussie Lamb cutlets
- 2 tablespoons roughly chopped flat leaf parsley
- 2 tablespoons roughly chopped oregano
- ¼ cup finely grated parmesan cheese
- ½ cup breadcrumbs

For salad:

- 2 tablespoons lemon juice
- 2 tablespoons honey
- 2 tablespoons extra virgin olive oil
- 2 cups shredded red cabbage
- 2 each cored, thinly sliced green apples
- ½ cup mint leaves
- ½ cup dill sprigs

Method

For herb crust: To make herb crust, place herbs, parmesan and breadcrumbs in a small bowl, and toss to combine.

To cook: Preheat a grill to high. Scatter herb crust evenly over Aussie lamb cutlets and place on a large oven tray. Grill on middle shelf for 15 minutes or until cooked to your liking. Rest, covered loosely with foil, for 5 minutes before serving.

For the salad: Whisk juice, honey and oil in a large bowl until combined. Add cabbage, apples and herbs and toss to combine.

To serve: To serve, divide salad among four plates and top with cutlets.



SERVES 4 | RECIPE BY LINDSAY LOO, CULINARY MEDICINE CHEF

AUSSIE GROUND LAMB RAGU OVER ZOODLES

A cozy, romantic Aussie lamb ragu with rosemary, garlic and tomatoes, served over light zucchini noodles for a nutrient-packed date night.

Ingredients

- 1 lb ground Australian lamb
- 2 carrots, finely diced
- 1 sweet onion, diced
- 1 cup crushed tomatoes
- ¼ cup white cooking wine
- 2 tbsp fresh rosemary, chopped
- 2 tbsp ghee or grass-fed butter
- 2 bay leaves
- 2-3 cloves garlic, minced
- Juice of ½ lemon
- Dried oregano, salt + pepper to taste
- Red pepper flakes (optional)
- Zoodles from 4 medium or 2 large zucchini

Method

Heat ghee or butter over medium heat. Sauté onions, carrots, and garlic until they begin to brown.

Add lamb, season generously, and brown well.

Stir in crushed tomatoes, white wine, rosemary, and bay leaves.

Add lemon juice, reduce heat, and simmer for 10 minutes until rich and thick.

Pour over warm zoodles. Top with red pepper flakes if you like it flirty.

Nutrition Facts:

CALORIES: 460

CARBOHYDRATES: 14 G

CHOLESTEROL: 126 MG

PROTEIN: 31 G

FAT: 30 G

SODIUM: 582 MG

POTASSIUM: 1280 MG

FIBER: 5 G

SUGAR: 11 G

VITAMIN C: 55 MG

CALCIUM: 87 MG

IRON: 2.8 MG

AUSSIE GRASSFED BEEF RECIPES

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SERVES 4 | RECIPE BY MARY'S WHOLE LIFE

OLD-FASHIONED SALISBURY STEAK WITH MUSHROOM GRAVY

This healthy twist on the classic, old-fashioned Salisbury steak recipe is an easy, one-skillet, 30-minute meal! A nostalgic favorite for the whole family!

Ingredients

For Steak Patties:

1 lb Australian Grassfed beef	2 tbsp ghee, or vegan butter
1 egg	3 tbsp tapioca flour
1/3 cup almond flour, can sub 2 tbsp coconut flour	1 3/4 cups beef broth
2 cloves minced garlic	2 tsp dijon mustard
2 tsp onion powder	2 tsp coconut aminos
2 tbsp ketchup	salt and pepper, to taste
1 tbsp coconut aminos	fresh parsley, for garnish, if desired
2 tsp dijon mustard	
3/4 tsp salt	

For Mushroom Gravy:

2 tbsp olive oil or avocado oil
2 cloves minced garlic
1/2 onion, diced
8 oz sliced mushrooms, white or Baby Bella

Method

Combine steak patty ingredients in a bowl and mix well using your hands. Form the mixture in 5 equal oval-shaped patties, about 3/4 inch thick.

Heat the olive oil in a cast iron pan over medium high heat. Add the patties and cook for 1-2 minutes each side, until nicely browned. Set the patties aside on a plate.

In the same pan, add the garlic, onions, and mushrooms. Sauté for 5 minutes until the onions are softened and the mushrooms are beginning to brown.

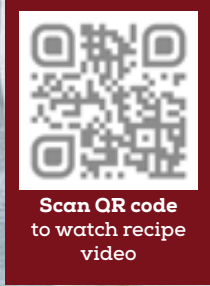
Turn the heat to medium. Add in the ghee, followed by the tapioca flour. Whisk the flour well until it is completely combined with the butter and lumps are gone.

Slowly pour in the beef broth while whisking. Add in the dijon mustard and coconut aminos. Bring the mixture to a boil, then add the beef patties back into the pan. Cook for 5-7 minutes, whisking the liquid around the patties occasionally until gravy thickens.

Serve the patties topped with the mushroom gravy and fresh parsley. This meal is delicious served with mashed potatoes.

Nutrition Facts:

CALORIES: 552	FAT: 43G	SUGAR: 3G
CARBOHYDRATES: 14G	SODIUM: 1221MG	VITAMIN C: 3MG
CHOLESTEROL: 141MG	POTASSIUM: 609MG	CALCIUM: 70MG
PROTEIN: 26G	FIBER: 2G	IRON: 4MG



SERVES 4 | RECIPE BY AUSSIE BEEF & LAMB

CYPRIOT-STYLE AUSSIE GRASSFED BEEF AND HALOUMI KEBABS

Cyprus, the inspiration for this dish, is quintessential Mediterranean. Crowd-favorite kebabs join up with a healthy grain and lentil salad you can feel good about, too.

Ingredients

- For beef skewers:**

 - 1¼ pounds Aussie grassfed beef sirloin, trimmed
 - 9 ounce haloumi
 - 1 each of yellow, red and green pepper
 - 12 button mushrooms
 - Olive oil to taste
- Alternate meat cuts:**
Tenderloin or striploin steak
- For the salad:**

 - ½ cup brown rice
 - ½ cup canned lentils, rinsed and drained
 - 1 tablespoon red wine vinegar
 - 1 cup peppers, finely diced
 - 2 stalks celery, sliced
 - ¼ cup raisins
- For dressing:**

 - 2 oranges
 - 1 cup fresh mint leaves
 - Salt and pepper
 - 1 tablespoon extra virgin olive oil

Method

For the skewers: Cut beef, haloumi and peppers into 1-in pieces and thread onto skewers with mushrooms. Reserve 1 cup finely diced capsicum for the salad. Brush skewers lightly with oil and set aside.

For the salad: Place brown rice in a small saucepan and add 4 cups of water. Bring to a boil and then reduce to a simmer. Cook rice for 25 minutes. Drain and place in a bowl. Finely zest and juice one orange into a bowl and combine with oil, salt and pepper, and half the mint leaves, finely chopped. Whisk to combine the dressing and pour half of it over rice and lentils with the vinegar. Reserve other half for brushing the skewers. Top rice mixture with peppers, celery, raisins and remaining mint leaves. Segment the remaining orange into the bowl and toss to combine.

To cook: Heat a BBQ grill. Cook skewers on each side until golden and cooked to your liking, about 15 minutes for medium. Baste with the reserved dressing as you go.

To serve: Serve with rice and lentil salad.



Keto-friendly version:

- Replace rice salad with your favorite roasted vegetables.



SERVES 4 | RECIPE BY MARY'S WHOLE FOOD LIFE

WHOLE30 CARNE ASADA BOWLS WITH ROASTED VEGGIES

These Whole30 Carne Asada Bowls are packed with tender marinated and grilled flank steak and lots of veggies. Perfect for grilling all summer!

Ingredients

- For steaks:**

 - 2 lbs Australian grassfed flank steak
 - 1/3 cup olive oil
 - 3 limes, juiced
 - 1 orange, juiced
 - 1 tbsp coconut aminos
 - 4 cloves minced garlic
 - 1/4 cup chopped cilantro
 - 1 jalapeno, seeded and diced
 - 1 tsp cumin
 - 1 tsp chili powder
 - 1 tsp sea salt
- Alternate meat cuts:**
Tenderloin or striploin steak
- For roasted veggies:**

 - 2 bell peppers seeded and sliced
 - 1 onion peeled and sliced
 - 2 cups mushrooms sliced
 - 1 tbsp olive oil
 - 1/2 tsp sea salt

Method

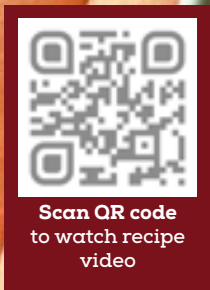
For the steak: Whisk all of the marinade ingredients together in a bowl. Marinate the flank steak for 3-4 hours minimum (or overnight). Heat a grill over medium high heat. Remove the flank steak and discard any remaining marinade. Cook the steak for 7 minutes each side for medium. If you prefer medium rare steak, do 6 minutes. For medium well, do 8 minutes. Let the steak rest for 5 minutes before slicing.

For Roasted Veggies (if using): Preheat your oven to 425. Toss the roasted veggie ingredients together in a bowl. Spread the vegetables out on a parchment paper-lined baking sheet. Bake for 20-25 minutes until the peppers, onions, and mushrooms are tender and starting to get brown and crispy.

To serve: Place all ingredients in a bowl with your choice of rice or cauliflower rice if going Whole30.

Nutrition Facts:

CALORIES: 624KCAL	FAT: 34G	SUGAR: 12G
CARBOHYDRATES: 27G	SODIUM: 1142MG	VITAMIN C: 194MG
CHOLESTEROL: 136MG	POTASSIUM: 1726MG	CALCIUM: 138MG
PROTEIN: 55G	FIBER: 8G	IRON: 6MG



SERVES 4 | RECIPE BY LINDSAY LOO, CULINARY MEDICINE CHEF

AUSSIE GRASSFED BEEF TACO SOUP

Lindsay O'Neill, culinary medicine chef and wellness coach, cooks up a simple and quick, one-pot meal using lean Australian grassfeed beef with lots of veggies and tons of flavor for the ultimate in healthy comfort food.

Ingredients

- 1 pound Aussie grassfed ground beef
- ½ Vidalia onion, chopped
- 3 cloves garlic, minced
- 4 tablespoons taco seasoning
- 1 cup frozen corn
- 1 cup mixed veggies, chopped
- 1 handful of cilantro, chopped
- 8 ounce can of tomato paste
- 15 ounce can of black beans, drained
- 1 quart carton of vegetable broth
- 3 cups water
- 1 teaspoon olive oil

Method

Heat a large soup pot over medium heat. Add 1 teaspoon of olive oil, then onion. Stir onion until starting to brown, then add garlic and turn off heat.

Crumble the beef into the onion and garlic mixture and use silicone or plastic spoon to break down meat. Cook on medium heat until all of the meat is brown, not burnt. Turn off heat.

Mix in tomato paste and all 4 tablespoons of taco seasoning into meat, then pour in vegetable broth and water. Heat on medium/high heat until it begins to boil, then turn down to simmer/low heat.

Add frozen corn and mixed veggies and stir. Add drained beans and stir.

Serve hot and top with fresh chopped cilantro.



SERVES 4 | RECIPE BY AUSSIE BEEF & LAMB

AUSSIE GRASSFED BEEF VEGETABLE BOLOGNESE

Like a lasagna without the heavy cheese or pasta noodles, this is a fun dish to plate up with endless variations based on the season and the veggies you like best.

Ingredients

- For beef sauce:**
- 1 pound ground Australian beef
 - 1 red onion, finely chopped
 - 1 large carrot, finely chopped
 - 2 celery stalks, finely chopped
 - 2 garlic cloves, crushed
 - 2 Tablespoons tomato paste
 - 14 ounce can diced tomatoes
 - 1 Tablespoon extra virgin olive oil
 - 2 Tablespoons thyme leaves
 - 1 cup beef stock
 - 1/3 cup basil leaves, torn
 - 2/3 cup baby spinach
 - Olive oil spray
 - 2 ounces feta cheese, crumbled
- For roasted veggies:**
- 1 large eggplant, thinly sliced into ½ cm rounds
 - ¾ pounds butternut squash, thinly sliced
 - 2 red bell peppers, sliced

Method

Heat oil in a large non-stick skillet over medium-high heat. Add onion and cook for 5 minutes until softened. Add garlic, carrot and celery and cook for 2-3 minutes. Add beef and cook for 5 minutes or until browned. Add tomato paste, tomatoes, thyme, and stock and bring to a boil.

Reduce heat and simmer for 10-12 minutes or until sauce has thickened to your desired consistency.

Preheat a large skillet or grill over medium-high heat. Lightly spray both sides of eggplant, butternut and peppers and char-grill vegetables, in batches, for 2-3 minutes each side or until tender and lightly charred. Set aside to keep warm.

On serving plates layer char-grilled vegetables, baby spinach and beef Bolognese to create a stack. Top with feta, season with ground pepper and serve with baby arugula, cherry tomatoes and wholegrain bread roll or wrap.

Nutrition Facts:

CALORIES: 462	FAT: 23.7 G	SUGAR: 15 G
CARBOHYDRATES: 35 G	SODIUM: 549 MG	VITAMIN C: 110 MG
CHOLESTEROL: 93 MG	POTASSIUM: 1,620 MG	CALCIUM: 174 MG
PROTEIN: 30 G	FIBER: 9.3 G	IRON: 6.1 MG

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HIGH-QUALITY PROTEINS FOR A HEALTHY AND BALANCED DIET

Lean Australian grassfed beef and lamb make a delicious and healthy choice for beefing up your high-quality protein needs, providing a host of essential nutrients and minerals for good health, including iron, zinc, omega-3 and B vitamins.

Help deliver healthy balanced meal solutions for your shoppers with these handy guides.

HEALTHY PROTEIN FOR A HEALTHY BODY



Lean Australian beef and lamb make a delicious and healthy choice for beefing up your high-quality protein needs, providing a host of essential nutrients and minerals for good health, including iron, zinc, omega-3 and B vitamins.



IRON & ZINC THE FACTS YOU SHOULD KNOW



Iron and zinc are important for a healthy immune system. Lean Australian beef and lamb are excellent sources of iron and zinc.



Iron is important for energy, brain function, and healthy growth and development, particularly in babies, toddlers and children.



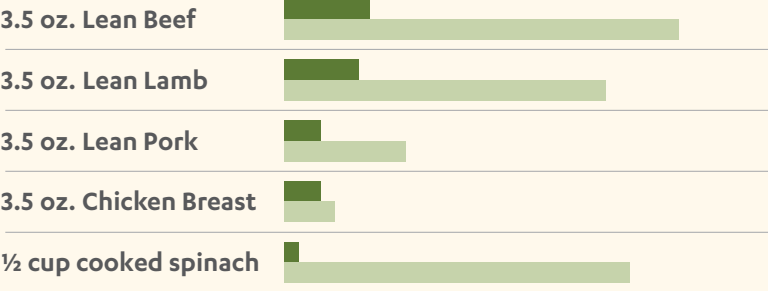
The iron in beef and lamb is the easiest type (called heme-iron) for the body to absorb and use.



Not only is Australian grassfed beef and lamb lean (when trimmed of visible fat), it is a source of **omega-3 fatty acids**, the same healthy fat found in fish.

4x

FOUR TIMES MORE IRON THAN CHICKEN AND TWICE THE AMOUNT FOUND IN PORK.



Amount of iron absorbed by your body Iron content in the food

USDA DIETARY GUIDELINES

1 lb. strips makes 4 meals



1 medium steak makes 2 meals



1 lb. ground makes 4 meals

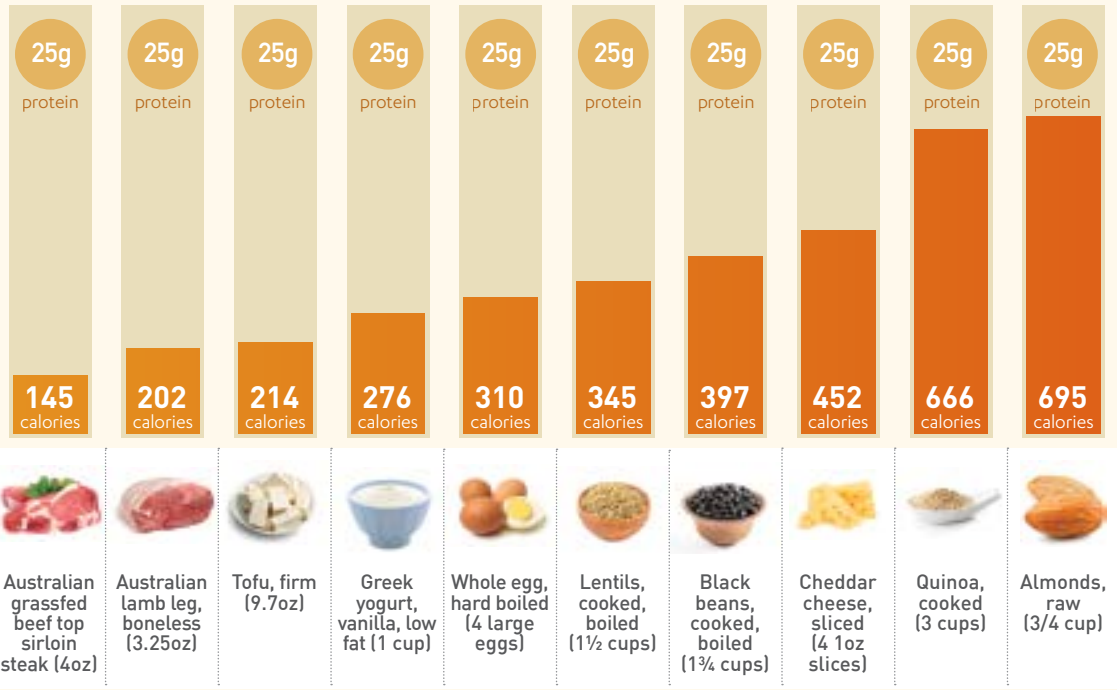


2 lbs. diced makes 5 meals



The latest dietary guidelines from USDA recommend **eating 3 to 6 ounce portions of lean** (less than 10% fat) **or extra lean** (less than 5% fat) **meat 3 to 4 times a week.** Enjoy with lots of colorful vegetables for a satisfying, tasty meal that will help to meet your daily iron and zinc requirements.

HIGH IN PROTEIN, LOW IN CALORIES AND SO MUCH TASTIER AUSTRALIAN BEEF AND LAMB



So, when you're choosing meats and high-quality proteins to nourish your family, make the natural choice for a healthy and balanced diet – **pasture-raised beef and lamb from Australia.**



Visit our website for a collection of iron- and zinc-rich recipe ideas.

SO WHAT'S FOR DINNER?

Easy ways to get variety and balance on plate



Protein Variety

Plan your meals around different proteins for essential nutrients



LEAN RED MEAT



Every second day for iron and zinc

Includes beef, lamb, pork or bison



FISH



Twice a week for omega-3

Includes fresh, canned or smoked



LEGUMES



Twice a week for dietary fiber

Have as a protein or carbohydrate food



EGGS & POULTRY



On other days

Includes your choice of any other protein foods

Vegetable Variety

Choose at least 3 different colored vegetables — each color provides different nutrients

ORANGE/YELLOW

- Carrots
- Pumpkin
- Sweet Potato
- Corn

RED/PURPLE

- Tomato
- Red Cabbage
- Beets
- Eggplant
- Bell Pepper

WHITE

- Cauliflower
- Onion
- Fennel
- Mushrooms
- Zucchini
- Celery
- Cabbage
- Cucumber
- Bean Sprouts
- Avocado

GREEN

- Broccoli
- Spinach
- Green Beans
- Zucchini
- Celery
- Asparagus
- Bok Choy
- Peas
- Lettuce
- Brussel Sprouts
- Broccolini
- Kale
- Snow Peas



Meal Variety

Use the **protein** and **vegetable** portion size guides below to make meals with the right amount of meat and vegetables

Serve with your choice of carbohydrate food

Pick from a world of different flavors for a variety of tastes

PROTEIN VARIETY

Alternate between meals with larger and smaller portion sizes using the Protein Portion Size Guide

VEGETABLE VARIETY

Combine 3 portions or equivalent using the Vegetable Portion Size Guide



A WORLD OF FLAVORS

Chinese: Chinese 5-spice, garlic, rice wine, oyster sauce

Thai: garlic, chilies, ginger, lemongrass, Thai basil, fish sauce, lime juice, lite coconut milk

Mexican: garlic, paprika, cumin, chile flakes, coriander

Indian: curry paste, coriander, lime juice, lite coconut milk

CARBOHYDRATE FOODS

Potato, legumes, rice, pasta, noodles, bread or other grains or cereal foods

PROTEIN PORTION SIZE GUIDE

Smaller portion size

Makes 1 serving
1 small steak
1 small chop
1 slice of roast meat
1 small can of fish
½ cup or ¼ can of legumes
1 egg

Makes 2 servings
1 shank
1 chicken breast

Makes 4 servings
1 lb* ground
1 lb* strips or diced

*raw weight

Larger portion size

Makes 1 serving
1 regular steak
1 chop
1 large fish fillet
7 oz* chicken meat
1 cup of legumes or 6 oz* of tofu
2 eggs

Makes 2 meals
1 large steak

Makes 5 meals
2 lb* roast or slow cooked meat cuts or diced meat (good for leftover meals)

VEGETABLE PORTION SIZE GUIDE



1 handful
leafy veg or beans or peas



¼ piece
pepper or onion or avocado



2-4 florets or pieces
cauliflower or broccoli or mushrooms



¼ - ½ piece
carrot or zucchini or corn



1-2 slices
pumpkin or eggplant or sweet potato



½ piece
tomato or beet

To download this handy guide, go to www.aussiebeefandlamb.com/nutrition

Information in this brochure is aimed at healthy individuals without special dietary requirements and intended as general information only. Care is taken to ensure accuracy and currency of the information, however we cannot guarantee accuracy or currency. This information does not constitute medical, dietary or nutrition advice and you should consult a health professional before making any decisions concerning your health or nutrition requirements. April 2020.

A GUIDE TO IRON-RICH MEALS

IRON IS IMPORTANT

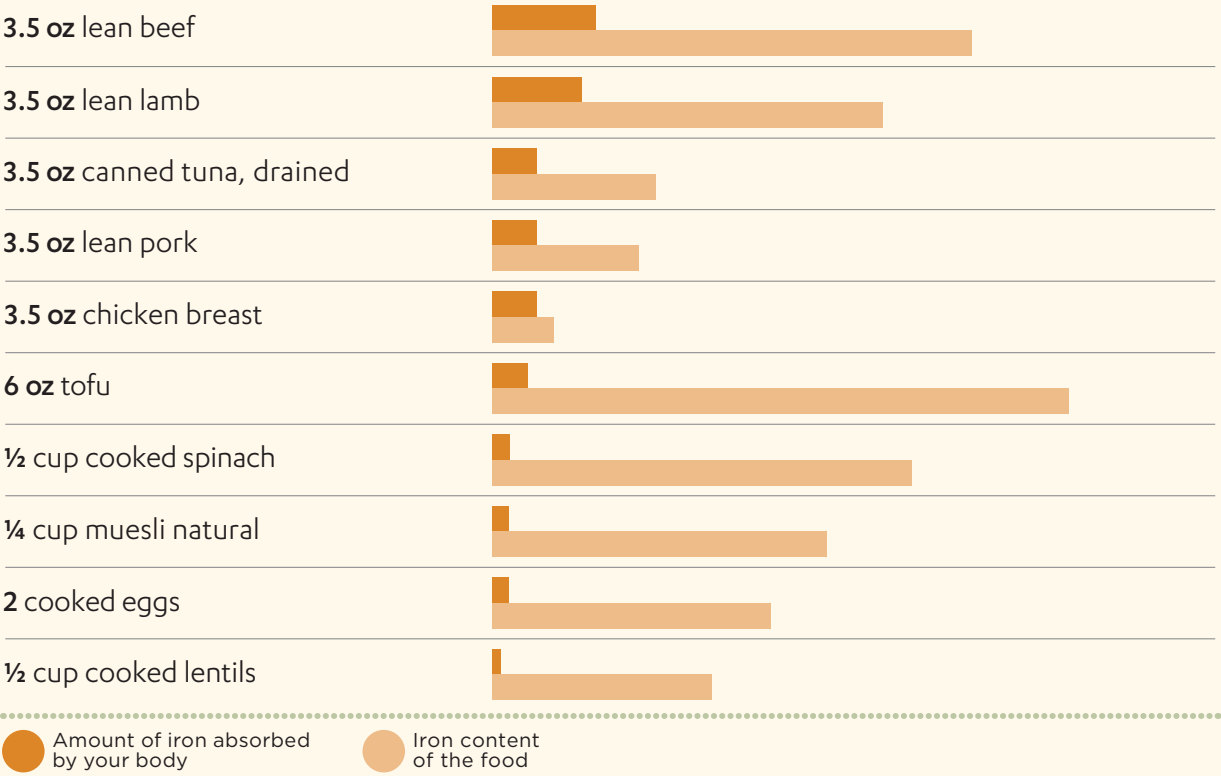


Iron-rich foods are recommended from **6 months of age for growth and development.**



Iron needs are higher in women during their reproductive years; and athletes doing high impact and endurance sports.

IRON-RICH FOODS



HOW TO GET ENOUGH IRON?

Having red meat every other day makes it easier to meet your daily iron needs.

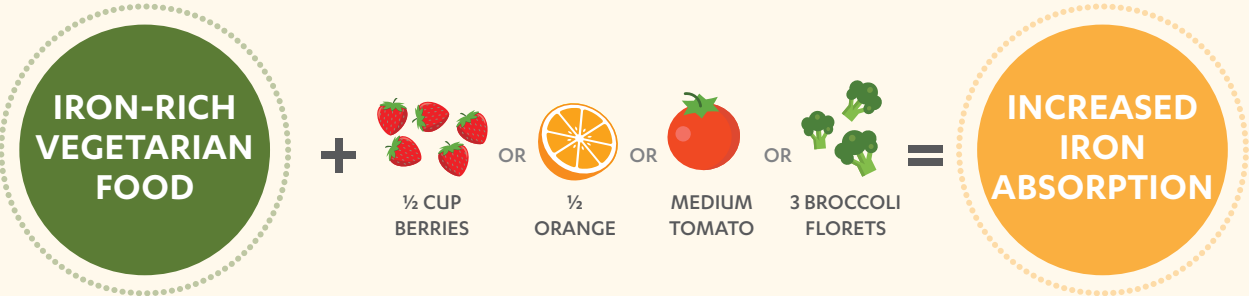


e.g., Lamb



e.g., Beef

Adding a good source of vitamin C to vegetarian meals increases the amount of iron absorbed.



To download this handy guide, go to www.aussiebeefandlamb.com/nutrition

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PROTEIN-RICH MEALS FOR MUSCLE HEALTH

A guide to spreading your protein intake across the day for muscle health.



Why do we need protein?

1.

Protein and physical activity work together to maintain muscle health

Physical activity stimulates the muscles and protein-rich foods provide building blocks for growth and repair.

Physical activity, such as strength, balance and aerobic exercise, each provide different benefits important for muscle function.

Muscle health is also important for heart, immune and bone health.

2.

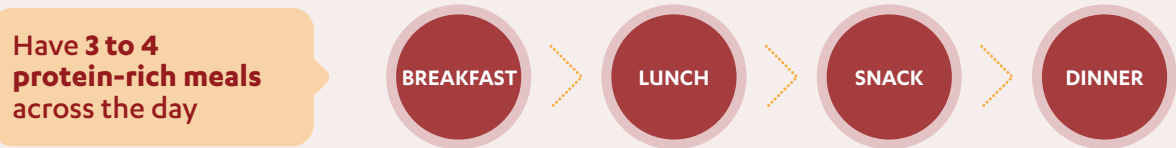
Protein-rich foods make satisfying and nutritious meals making every bite count. This is useful for:

People with small appetites such as fussy kids, elderly, injured or unwell.

Achieving and maintaining a healthy weight, together with regular physical activity.

Why is protein important at every meal?

Having protein at every meal across the day makes it easier for the body to use protein and optimize the benefits gained from physical activity.



Which protein food is best?

Protein foods also provide essential nutrients important for good health. Choosing a variety of different proteins is an easy way to get enough of these nutrients.

LEAN RED MEAT

every second day for iron & zinc

DAIRY

3 to 4 servings per day for calcium

FISH

twice a week for omega-3

LEGUMES

twice a week for dietary fiber

EGGS & POULTRY

on other days

How to get enough protein at each meal?

You will need one portion of protein to make a protein rich meal. This portion size guide explains 3 ways to make up one portion of protein by choosing different types and amounts of a variety of foods.

	Choose any 1	Choose any 2	Choose any 3
Beef, lamb or pork	1 small steak, diced or other fresh cut (5 oz.*)	ground beef or lamb (2.5 oz.*)	1 slice lunch meat (1 oz.**)
Fish	1 fillet (5 oz.*)	1 small can of fish (5 oz.)	1 slice smoked salmon
Chicken	½ breast (5 oz.*)	Thigh (2½ oz.*)	1 slice lunch meat (1 oz.**)
Eggs		2	1
Dairy foods		2 slices cheese (1½ oz.) ½ cup ricotta cheese (4 oz.) 1 glass milk (8 oz. or 1 cup)	Feta cheese (1½ oz.) ¼ cup cottage cheese (2 oz.) ½ cup yogurt (3½ oz.)
Legumes	7 oz. firm tofu	1 cup cooked (8 oz.) lentils, chickpeas	½ cup hummus ½ cup cooked (3 oz.)
Nuts and seeds		½ cup nuts and seeds (4 oz.)	1 tbsp. nut or seed paste

*raw weight **cooked weight

Meal ideas

SAN CHOY BAU

5 oz.* ground beef = 1 portion

OMELETTE

1½ oz. cheese + 2 eggs = 1 portion

BURRITO BOWL

1 oz.** ground beef or lamb + 3½ oz. yogurt + 6 oz. kidney beans = 1 portion

GRILLED FISH AND VEGETABLES

5 oz.* fish fillet = 1 portion

LAMB AND LENTIL SALAD

2½ oz.* lamb + 6 oz. cooked lentils = 1 portion

WRAP AND DESSERT

1 oz.** lunch meat, ½ cup hummus + 3½ oz. yogurt = 1 portion

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ZINC

Why red meat is a good source

- It contains more zinc per serving versus other food types. For example:



150g
beef or
lamb = 6.2mg
Zinc



150g
chicken = 1.7mg
Zinc



Zinc helps with fertility and reproduction by maintaining testosterone levels in the blood.



Eating red meat 3–4 times a week helps to meet your iron, zinc and protein needs.

Health Benefits



Supports the immune system



Supports brain function



Supports healthy bone development



Important for fertility

ONE MEAL FOR THE FAMILY & BABY



FAMILY MEAL

Use 3 or more different colored vegetables and an iron-rich protein food.

Plan meals using lean red meat every second day for iron and zinc and alternate between meals with smaller and larger portion sizes.



AROUND 6 MONTHS OF AGE

Blend a portion of the family meal with enough liquid to achieve the desired consistency.

Around 6 months of age, it is important to start introducing babies to iron-rich foods for growth and development.



FROM 7 MONTHS OF AGE

Fork mashed slow cooked meals are an easy solution. Or, pulse blend a portion of the family meal with enough liquid to achieve soft lumps.

From 7 months of age, provide foods that encourage babies to chew, important for speech development and to establish healthy eating habits.



AROUND 8 MONTHS OF AGE

Cut the meat and vegetables into bite-sized pieces. Serve with cooked pasta, bread fingers or potato wedges.

As baby's hand control improves, provide soft finger foods and avoid foods which could be potential choking risks such as hard foods e.g., raw carrot, celery, apple or large round foods e.g., grapes.

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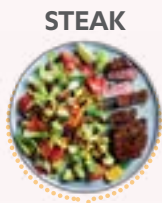
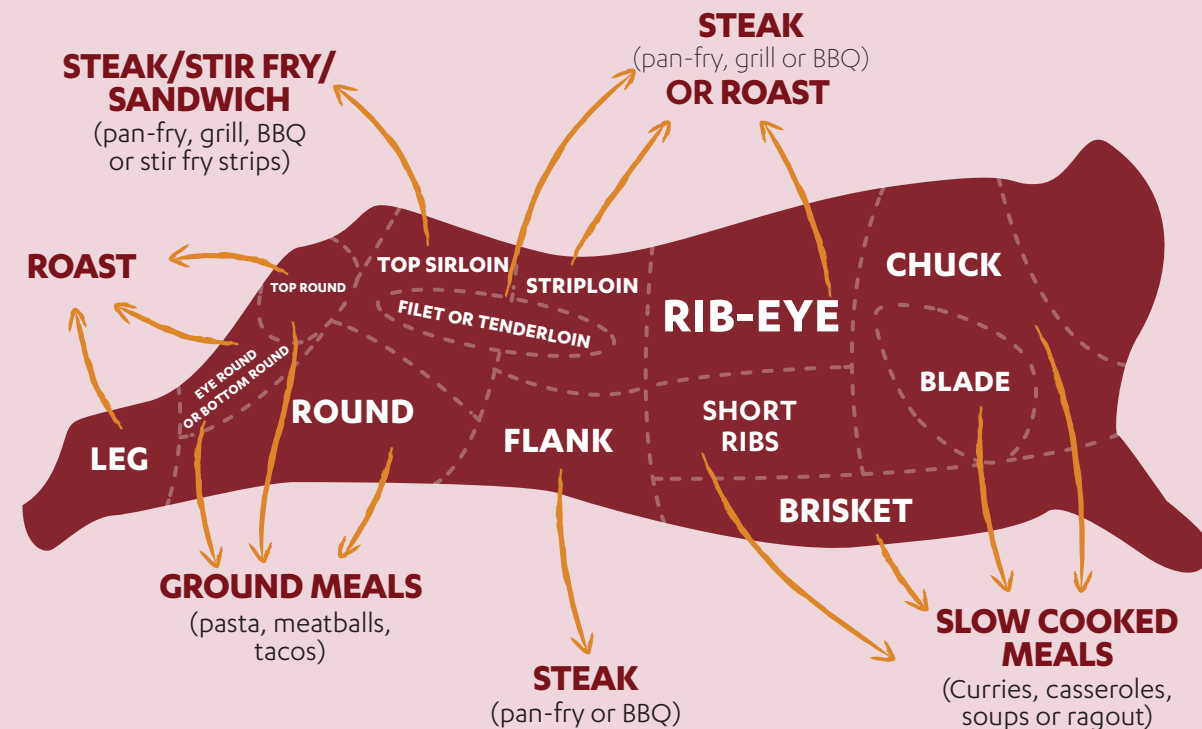
HEALTHY MEALS BY CUT

A Guide to Beef and Lamb Cuts

Use this guide to choose different cuts and a variety of healthy, balanced meals.

Lean red meat is recommended every other day for iron and zinc.

For variety and health, alternate between meals with larger and smaller portion sizes.



STEAK

Use 1 small to medium steak per person



STIR FRY

Slice 1 large rump steak into strips to make 2-3 servings



SANDWICH/WRAP

1 to 2 slices of leftover roast meat to make a sandwich



SLOW COOK

1½ to 2 lbs slow cook cuts or diced meat makes 5 servings

GROUND (PASTA)



1 lb lean ground beef makes 4 servings

GROUND (MEATBALLS)



1 lb lean ground beef makes 4 servings

ROAST



2 lb roast makes 5 servings

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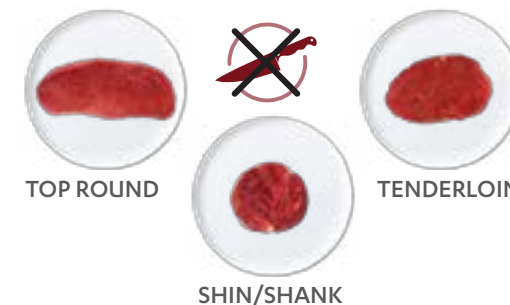
A GUIDE TO LEAN CUTS

Use this guide to prepare meals with beef and lamb cuts that are trimmed of visible fat.

All beef and lamb cuts are good sources of iron and zinc.

Lean cuts tend to have less calories than untrimmed cuts.

CUTS THAT NEED LITTLE TO NO TRIMMING



OTHER EXAMPLES

BEEF CUTS

- Flank
- Bottom Round
- Sirloin/Round
- Tenderloin

LAMB CUTS

- Eye of Loin

CUTS THAT NEED A LITTLE TRIMMING



OTHER EXAMPLES

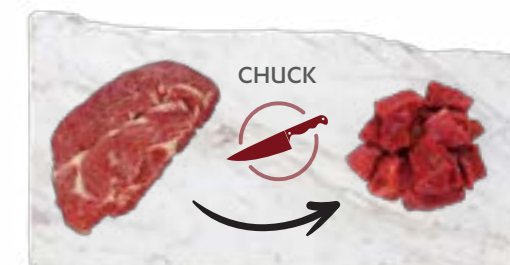
BEEF CUTS

- Sirloin
- Flat Iron

LAMB CUTS

- Lamb Rump or Top Sirloin
- Leg Steak
- Shoulder Chop

CUTS THAT NEED MORE TRIMMING



OTHER EXAMPLES

For slow cook cuts, such as Brisket Shoulder and Leg, skim fat once cooled.

COOKING TIPS



FOR THE PERFECT STEAK

- Bring steak to room temperature before cooking
- Preheat pan or BBQ to hot
- For a steak up to an inch thick, such as sirloin, cook for:
 - 3 mins each side for Medium
 - 2 mins each side for Rare
- Before serving, rest for 3-5 mins covered loosely in foil



FOR A PERFECT POT ROAST

- Pot roasts add moisture to leaner cuts such as Top Round
- Add vegetables and enough stock to fill the dish half-way
- Slow cook over low heat in a tightly covered dish
- Turn meat half-way through cooking
- Place on a warm plate and cover loosely with foil
- Rest for 15 mins, and slice across the grain to serve

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The AUSSIE WAY

Australia's sustainable farming & quality assurance systems

There's no better place on earth to raise sheep, cattle and goats.

Australia's unique climate and environment mean our animals can roam freely in vast unspoiled landscapes, grazing nutrient-rich pastures all-year round, ensuring consistent supply and quality.

A protected island with world-leading traceability systems, Australia's livestock are more protected from pest and disease outbreaks.

The Australian beef and lamb industries are more than 200 years in the making. Our farmers are proud of their animal welfare, sustainability and integrity practices that deliver the highest quality meat for your customers.

SHELF LIFE AND TRANSPORT

Due to the stringent hygiene standards in our processing facilities and along the entire supply chain, we boast some of the world's longest shelf-life credentials.



Vacuum-packaged Aussie beef has a shelf life of up to 20 weeks under optimal storage conditions.



Vacuum-packaged Aussie lamb has a shelf life of up to 12 weeks under optimal storage conditions.



Most Australian beef, lamb and goat exported around the world **travels by sea freight**, which is the most efficient form of transport. For instance, the transport of Australian red meat to the US contributes less than five percent of the life cycle greenhouse gas emissions, water and energy use.

AUSTRALIAN FOOD SAFETY PROGRAMS

Additionally, Australian beef & lamb is able to obtain optimum shelf life due to:



The cleanliness of the livestock prior to slaughter



Decreased processing speeds which result in enhanced hygiene



Audited HACCP procedures



High food safety and hygiene standards during processing



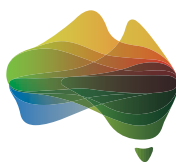
Australian Government audits

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**AUSSIE
BEEF, LAMB
& GOAT**

THE BEST OF AUSTRALIA