



# EAT BETTER. FEEL BETTER.

With True Aussie Grassfed Beef.

**#beaussome**



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# Eat Better. Feel Better. With True Aussie Grassfed Beef

If (like us) you've been tucking into the comfort food on a daily basis for the last bit, you know it's time to get your #eatgoodfeelgood going and mix it up with some choices you can feel good about, both for your health and the planet's. Good news! You get to do all that while enjoying tasty steaks and grassfed beef from Down Under. Here are some ideas to try, and the reasons why.



## This Vietnamese Grassfed Beef Salad is Good Onya:

Aussie beef is a brilliant choice for building a healthy, balanced plate with plenty of veggies, and a variety of craveable flavors.

Check out our **Healthy Balanced Meal Guide** for strategies and tips.

## Benefits of naturally lean and nutritious Aussie Grassfed Beef

### HIGH IN PROTEIN, LOW IN CALORIES

4 oz grassfed beef top sirloin steak **145** calories

3 cups quinoa **666** calories

Both equal 25 grams protein



Excellent source of iron and zinc – essential for a healthy immune system

4x

4x more iron than chicken – important for energy and brain function



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

## Tips for cooking grassfed beef

- Bring to room temperature before cooking to keep from drying out.
- Because of its leanness, it cooks up to 30% faster than grained beef.
- Handle lightly, flipping only once when grilling.
- Rest for 5-10 minutes to keep it nice and juicy.

## Good for the Planet



-68%

Decreased water use by 68% in the last 30 years



-56%

Reduced greenhouse gas emissions by 56% in the last 14 years



0%

Committed to be Carbon Neutral by 2030

## Carb-free grassfed beef lasagna

Get the recipe and find more tasty, feel- and look-good recipes and videos at

[www.trueaussiebeefandlamb.com/summer](http://www.trueaussiebeefandlamb.com/summer)



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# AUSSOME

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.....  
Low carb.  
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Watch how to  
make this  
dish

# Carb-free Aussie grassfed beef lasagna

Looking for a way to get more veggies in your lasagna? Skip the pasta and use wide, thin “noodles” of squash and zucchini instead. The bonus is that it’s carb-free.

## Ingredients

Serves 8

Portion size:  
one 4-x-4-inch piece

- 2 medium zucchini peeled into long ribbons
- 1 medium yellow squash peeled into long ribbons
- Kosher salt as needed

### Filling:

- 1 pound Australian grassfed ground beef
- 1 small chopped onion
- 3 cups spaghetti sauce
- ½ teaspoon crushed fennel seeds
- ½ teaspoon black pepper
- 2 cups ricotta cheese
- 2 beaten eggs
- 2 cups shredded mozzarella
- ¼ cup grated Parmesan cheese

## Method

In a large bowl, lightly salt the zucchini and squash ribbons, then lay them on paper towels to remove excess moisture.

**For the filling:** Preheat a large skillet over HIGH heat and the oven to 375 degrees F. Add the beef and onions to the skillet. Cook until the meat is browned and the onions are translucent, about 7 minutes. Add the spaghetti sauce, fennel seeds, 1 teaspoon salt, and season with black pepper. Remove from the heat and reserve until ready to use. In a separate bowl, combine the ricotta cheese and eggs; whisk to combine.

**To cook:** In an 8-x-8-inch baking pan, make one row of overlapping zucchini ribbons horizontally and one row of overlapping yellow squash ribbons vertically from edge to edge. Top with half of the meat mixture, half of the ricotta mixture, and 1 cup of mozzarella. Repeat again and top with a final layer of zucchini and squash ribbons. Sprinkle the top with the Parmesan and bake for 30 to 45 minutes, or until golden brown and bubbly.

**To serve:** Remove from the oven and allow the pan to rest for 10 to 15 minutes before slicing. Slice the lasagna into 4-x-4-inch squares and serve immediately.



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Replace croutons with freeze dried cheese & balsamic with red wine vinegar.

Click Here for more diet-friendly variations



# Warm Australian beef Caesar salad

Warm, tender, grilled grassfed Aussie beef meets cool, creamy and refreshing Caesar salad – a super way to get your delicious, high-quality protein AND eat your greens.

## Ingredients

Serves 4

- 1 pound Australian beef strip loin, rib eye or tenderloin steaks
  - 3 tablespoons balsamic vinegar
  - 3 tablespoons olive oil
  - coarse salt and freshly ground pepper, to taste
- Dressing:**
- 1 teaspoon Dijon mustard
  - 1 tablespoon lemon juice
  - 2 tablespoons extra virgin olive oil
  - 2 tablespoons plain yogurt or buttermilk

- 2 tablespoons Parmesan cheese, grated
- ½ teaspoon anchovy paste (optional)
- few drops Tabasco (optional)

### Salad:

- 2 heads romaine lettuce, trimmed to hearts, leaves separated and chopped
- 2 slices prosciutto, sliced and fried until crispy
- ½ cup croutons

## Method

**To prepare:** Combine balsamic vinegar and olive oil, brush half over both sides of beef. Season to taste with salt and pepper. Allow meat to rest 10 minutes at room temperature.

Preheat grill to medium high and sear the beef 3-5 minutes each side for medium rare, depending on thickness, or until cooked as desired. Brush meat during the grilling with reserved vinegar and oil. Transfer to a board and let rest 5-10 minutes before slicing diagonally.

Whisk together dressing ingredients and toss through romaine lettuce leaves to coat. Lay leaves on plates or a platter and scatter over fried prosciutto pieces and croutons.

**To serve:** Arrange beef over lettuce leaves and scatter with the extra Parmesan cheese.



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Low carb.  
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# Orange-mustard barbecue steaks

Somedays simple is best. This three-ingredient wonder of orange, honey and mustard takes an everyday steak dinner to the next level.

## Ingredients

Serves 4

- Four 6 ounce sirloin steaks
- 1 small orange, finely grated rind and juiced
- 1 tablespoon mustard seed
- 1 tablespoon honey
- Extra orange, sliced
- Salad leaves to serve



## Method

Brush each sirloin steak lightly with oil and season with salt & pepper. Combine the orange rind and juice, mustard and honey, and rub over steaks.

Preheat the chargrill or barbeque to hot before adding the steaks. Cook on one side until the first sign of moisture appears. Turn steaks only once. Grill orange slices for a few minutes on each side while the steaks cook.

Test the steaks for degree of doneness with tongs. Rare is soft, medium feels springy and well-done is very firm.

Remove steaks from heat, loosely cover with foil and rest steaks for 5 minutes. Pile salad leaves, steak and grilled orange slices on plates to serve.

## TIPS



- Ensure the chargrill or barbeque is hot before you cook. Make it hot enough to sizzle the steak as it makes contact.
- Best beef steaks for barbecuing: tenderloin, rib eye, sirloin/porterhouse/New York, T-bone.



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Replace rice with  
roasted cauliflower.  
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# Grassfed bowl-ito with cilantro rice

We do burritos a little different Down Under—hold the tortilla and add plenty of diced grassfed Aussie beef. It's a meatier (and dare we say tastier!) version for you and your mates.

## Ingredients

 Serves 4

- 2 tablespoons vegetable oil
- 1 pound Aussie grassfed beef top round, diced (no larger than ½ x ½ inch)
- 1 packet (1 ounce) taco seasoning
- 2 cups white rice, cooked
- ½ cup fresh cilantro leaves, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 cup chunky salsa
- 8 ounce can reduced-sodium black beans, drained
- 1 ripe avocado, diced
- 4 tablespoons reduced-fat sour cream
- 1 teaspoon ground cumin
- 4 teaspoons scallion, thinly sliced

## Method

**For the beef:** Preheat a large skillet over high heat and add the oil. Once the oil begins to smoke, add the beef and quickly sear for about 1 minute. Next, add the taco seasoning and cook for a few more minutes, being careful not to overcook the meat; 3 to 4 minutes total. Remove from heat and set meat to side.

**For the cilantro rice:** In a large bowl, combine the cooked rice with the fresh cilantro; season with salt and pepper.

**To serve:** For each serving, place ½ cup of the cilantro rice in the bottom of a large bowl and top with one quarter (4 ounces) of the diced beef; ¼ cup salsa, ¼ cup black beans, one quarter of the avocado, 1 tablespoon sour cream, ¼ teaspoon cumin and 1 teaspoon scallion. Serve immediately.



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Use keto friendly condiments & ditch the bun.



# "OH MY" Australian grassfed burger

Summer days deserve this gorgeous, mouth-watering "OH MY" Aussie grassfed burger by our mate, Merry Graham. One bite, and you'll know how it got its name!

## Ingredients

### For the bun and burger:

- 2½ pounds Aussie grassfed ground beef
- 2 medium garlic cloves, grated
- 1 tablespoon Worces tershire sauce
- 1 tablespoon Montreal steak seasoning salt and pepper, or to taste
- 7 brioche hamburger buns

 Serves 4

### Garnish as needed with:

- Ketchup
- Assorted mustard
- Pickled jalapeños
- Sweet relish
- Leafy lettuce
- Fresh tomato
- Fresh red onion
- Sliced pepperoncini

## Method

**For the burger:** Lightly mix the ground beef with grated garlic and Worcestershire sauce. Form ground beef into 7 (6-ounce) patties. Sprinkle patties with Montreal seasoning and gently press your thumb in the middle of each patty. Then they are ready to grill!

**To grill:** Heat grill to 450° - 500° degrees. Place patties on grill for 4 minutes on one side - leave lid open. Turn the patties over and grill 4 minutes on the second side. Flip patties one more time and cook 1-2 minutes with hood closed or until internal temperature reaches 145° or desired doneness.



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# Grassfed Aussie beef taco soup

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

## Ingredients

- 1 lb. 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

 Serves 8

## 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.



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Replace the bun with leafy lettuce.



# Tikka masala burger

These burgers feature a healthy richness from yogurt, dill and Indian spices. Top it off with your favorite veggies and tikka masala sauce for a meal filled with flavor.

## Ingredients

Portion size: 1 burger

### Tikka masala burger:

- 1 pound Aussie grassfed ground beef
- 1 tablespoon mild curry powder
- Kosher salt and pepper, to taste

### Dill-lemon yogurt:

- 1 cup lemon juice
- 1 cup Greek yogurt, non-fat, plain
- 1 tablespoon fresh dill leaves, chopped
- 1 teaspoon fresh mint leaves, chopped
- ½ cup feta, crumbled

Serves 4

### Garnish:

- 4 potato buns
- 4 pieces tomato, thinly sliced
- 12 pieces red onion, thinly sliced
- 2 cups romaine hearts, shredded
- 4 tablespoons tikka masala sauce

## Method

**For the burgers:** Combine the beef, curry powder and salt & pepper to taste in a small bowl; mix well. Form into ¼-pound patties and refrigerate until ready to use.

**For the dill-lemon yogurt:** Combine all the ingredients in a bowl and mix well. Season with salt and pepper. Keep at room temperature if using immediately, or refrigerate until ready to use. Bring up to room temperature before using, as this will prevent the sauce from chilling your burger when garnishing.

**To prepare:** Preheat a skillet over high heat. Add the burger patties and press with a spatula to form a crust during cooking. Cook until browned on the bottom, then flip the burgers and continue cooking to the desired doneness (3-4 minutes per side for medium rare, 5-6 minutes for medium, 6+ for well done). Remove the burgers from the pan and add the burger buns, cut-sides down; toast until golden, about 1 minute. Build your burger as you like and serve immediately with your favorite side dish.



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Gluten-free



# Grilled Aussie flat iron steak with tomato, olive and oregano salad

Summer on a plate, with aussome umami flavors from grassfed Aussie flat iron steak, tomatoes and olives. Carbs optional!

## Ingredients

Serves 4

- Four 6 ounce Aussie grassfed flat iron steaks
- 1 clove garlic, chopped
- 1½ tablespoons oregano leaves, chopped
- 1½ tablespoons olive oil

### For the salad:

- 2 cups tomatoes, diced
- ¼ cup Kalamata olives, pitted and sliced
- ½ small red onion, finely sliced
- 2 teaspoons red wine vinegar

## Method

**For the marinade:** Marinate the steaks in a mix of garlic, ½ tablespoon oregano and ½ tablespoon olive oil and cover. Refrigerate for 30 minutes or overnight.

**To cook:** Preheat a ridged chargrill or barbeque over moderately high heat. Season the steaks with salt and pepper and grill for 3-4 minutes on each side or until cooked to your liking. Place on a plate and loosely cover with foil. Allow to rest for 5 minutes.

**For the salad:** Mix the remaining olive oil with the salad ingredients and season with salt and pepper.

**To serve:** Slice the steaks thinly and serve with the tomato salad and some dressed baby salad leaves.



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Remove sugar, tomatoes and potatoes.

Gluten-free



# Texas-style Aussie flank steak salad

High flavor, low on carbs. Plus, what's better for summer than steaks and corn on the grill, Texas-style?

## Ingredients

### Steak and marinade:

- 1 ¼ pounds Aussie grassfed beef flank
- 1 lime, zested and juiced
- 2 tablespoons extra virgin olive oil
- 2 tablespoons smoky paprika
- 2 tablespoons brown sugar
- ¼ teaspoon sea salt
- ¼ freshly ground pepper

Serves 4

### Salad:

- 2 cobs of corn
- 2 jalapeno peppers, seeds and stem removed, sliced thickly (or 1 green bell pepper if preferred)
- 7 ounces grape tomatoes, halved
- 2 teaspoons extra virgin olive oil
- 9 ounces potatoes, small, sliced into thin rounds
- 2 ounces feta cheese
- 1 tablespoon extra virgin olive oil
- Lime wedges to serve

## Method

**To prep:** Combine marinade ingredients in a glass dish. Add meat to marinade and rub all over, cover in cling wrap and marinate for at least 30 minutes. If leaving longer, place in fridge. When ready to cook, allow meat to come to room temperature. Preheat oven to 350 degrees. Preheat a chargrill over high heat.

**For the corn and jalapenos:** Brush corn and jalapenos in 2 teaspoons oil and grill, turning frequently for 15-20 minutes or until tender, remove and cover in foil, set aside.

**To cook:** Remove meat from marinade, discarding marinade. Grill steak pieces 4 minutes on each side and place in oven for a further 5 minutes for medium. Remove cover in foil and set aside. Brush the other vegetables in remaining oil and sprinkle with salt and pepper. Place on a baking paper lined tray, and roast in oven for 12 minutes.

**To serve:** On a platter, place sweet potato slices, clusters of corn kernels, and remaining vegetables, top with thick slices of flank steak and crumbled feta.

## Chef Notes



- Take leftovers and cook 1 cup brown rice, serve with salad for a hearty lunch option.
- For the salad, try avocado oil instead of olive oil, it imparts a really beautiful flavor.



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Use apple cider vinegar & remove beans.

# American "fiesta" Aussie skirt steak salad

Get the party started with the "Fiesta" Aussie skirt steak salad. Fun fact – use arugula in your salad, and the party will go off like a rocket\*!

\*Rocket is what we call arugula Down Under

## Ingredients

Serves 4

### For the marinade:

- 1 sweet onion, roughly chopped
- ¼ cup balsamic vinegar
- 2 teaspoons extra virgin olive oil
- ¼ teaspoon freshly ground pepper
- ½ bunch cilantro, including stalks

### For the steak:

- 2 pounds Aussie grassfed beef skirt steak, trimmed
- 1 yellow bell pepper, seeds and stem removed, sliced thickly lengthwise
- 1 red bell pepper, seeds and stem removed, sliced thickly lengthwise

- 2 sweet onions, sliced thinly into rounds
- 1 tablespoon extra virgin olive oil
- 2 large vine-ripe tomatoes, quartered
- 1 tablespoon balsamic vinegar
- Sea salt and freshly-cracked pepper to taste

### To serve:

- 1 bunch arugula leaves
- 1 can pinto beans, rinsed
- 2 ripe avocados, sliced
- Extra virgin olive oil to taste

## Method

**For the marinade:** Place marinade ingredients in a food processor and process until finely chopped and almost a paste. Marinate steak for at least 30 minutes or up to two hours.

**To cook:** Preheat a grill over high heat. Remove steak from marinade and wipe off what you can. Cook steak 2 minutes on each side for medium rare or 5 minutes for medium; set aside to rest. In a mixing bowl, toss bell pepper and onion with oil, salt and pepper, then add to baking sheet or line on foil. Cook for 8-10 minutes over the grill until very soft, add tomatoes and cook until grilled and softened, adding the balsamic vinegar toward the end.

**To serve:** Place arugula leaves on a platter, top with caramelized vegetables and beans, then add avocado slices and top with thinly sliced steak. Drizzle with some extra balsamic and olive oil.

## Chef Notes



You can serve salad rolled up as burritos in store-bought, warmed flour tortillas as a "do-it-yourself" dinner in the center of the table.



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Replace BBQ seasoning with salt & pepper and quinoa with roasted veggies.

Gluten-free



# Aussie sirloin, quinoa and pistachio salad

Staying in poolside shape AND having the energy to do it all calls for a delicious solution like grilled grassfed Aussie sirloin with nutrient-packed quinoa and pistachios. Bikini or speedo is up to you, but either way your plate will look great. Healthy + Delicious = Good Onya!

## Ingredients

Serves 4

### Alternate cuts: rump steak

- 1 1/2 pounds Aussie grassfed sirloin steak, trimmed
- 2 teaspoons smoky barbecue seasoning
- 2 cups quinoa, cooked
- 1/2 cup mint leaves
- 1 cup flat-leaf parsley leaves
- 2 tablespoons pistachios, roughly chopped
- 1 1/2 tablespoons lemon juice
- 1 lemon, zested
- 2 tablespoons olive oil
- Dressed watercress to serve

## Method

**For the sirloin:** Preheat a ridged chargrill or barbeque to moderately high. Brush the steaks with some olive oil and rub well with the barbeque seasoning. Cook for 2 minutes on each side for medium rare or to your liking. Set aside to rest on a plate for 5 minutes, covering loosely with foil.

**For the quinoa and pistachio salad:** Mix the quinoa with the herbs, nuts, lemon juice, zest and olive oil; season with salt and pepper.

**To serve:** Slice the steaks and place on top of quinoa and some dressed watercress.

## Chef Notes



- For a variation, try replacing the quinoa with couscous, brown rice or pasta.
- Try adding a handful of chick peas or lentils to the quinoa.



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Remove cheese for paleo or sweet potato for keto.

**Gluten-free**



# Grilled Aussie beef sirloin, zucchini, sweet potato and arugula salad

If you're whole30 or paleo, or just want something tasty for dinner, this one's for you, mate! Fire up the grill and throw on some Aussie grassfed sirloin steak, sweet potato slices and veggies. This one aces as a summertime staple.

## Ingredients

### For the steak:

- 1½ pounds Aussie grassfed sirloin steak, trimmed
- 2 tablespoons olive oil

### For the salad:

- 1 large sweet potato, peeled and thinly sliced
- 4 medium zucchinis, cut into medium slices
- 1 red onion, quartered
- 3 tablespoons olive oil
- 2 tablespoons lemon, zested and juiced

### For garnish:

- ½ cup arugula leaves
- 2 tablespoons parmesan cheese, shaved
- 2 tablespoons pine nuts, toasted

## Method

**To cook:** Preheat a chargrill or barbeque to hot. Brush the beef on both sides with 2 teaspoons olive oil and cook for 4 minutes, turning once, or until cooked to your liking. Set aside to rest and cover loosely with foil.

Place the sweet potato, zucchini and onion into a large bowl and toss with 3 teaspoons olive oil. Place on the grill and cook for 1½ minutes on each side, or until tender and lightly charred.

Slice the beef thinly and place into a large mixing bowl with the grilled vegetables, lemon juice and zest and remaining oil. Season with salt and pepper and stir to combine.

**To serve:** Place the arugula onto a large serving platter, top with the tossed beef and grilled vegetables, parmesan cheese and pine nuts.

## Chef Notes



- Brush each steak lightly with oil.
- Preheat the barbecue to hot before adding the steak. The steak should sizzle as it makes contact with the plate or grill.
- Cook one side until the first sign of moisture appears on the upper side, turn and cook the other side. Turn only once for rare and medium.
- Test for doneness with tongs. Rare is soft when pressed, medium is springy but still soft and well done is very firm. Remove steak and cover loosely. Rest in a warm place for a few minutes before serving.
- Turn leftovers into a pesto steak sandwich: Mix some fresh basil pesto into whole egg mayonnaise and smear onto 4 sourdough rolls. Top with the unsliced beef, grilled zucchini and arugula. Season with salt and pepper.



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Replace sweet chili sauce & rice vinegar with sriracha & white vinegar.



# Sweet and sour Thai grassfed beef salad

A sweet and sour Asian-style vinaigrette does double-duty here as a marinade for the beef and as a salad dressing. Add some roasted peanuts for an additional touch of Thai flavor.

## Ingredients

Serves 4

### Sweet and sour vinaigrette:

- 1 cup sweet chili sauce
- ¼ cup rice vinegar
- 4 teaspoons soy sauce
- 2 teaspoons fish sauce
- 2 teaspoons sesame oil

### Salad:

- 1 pound Aussie grassfed flank steak, trimmed
- 2 large heads romaine lettuce, chopped
- 1 cup cabbage, shredded
- 1 cup carrot, shredded
- 1 cup red bell pepper, thinly sliced
- 1 cup fresh cilantro leaves

## Method

**For the vinaigrette:** In a large bowl, combine all the ingredients and mix well. Cover and refrigerate until needed.

**For the beef:** Marinate the beef in ¼ cup of the vinaigrette for 2 hours or overnight, refrigerated.

**To cook:** Preheat the grill to 450 degrees F (medium-high). Grill the beef for about 8 minutes, turning every 2 minutes, or until it reaches your desired doneness. Remove from heat and allow to rest for 5 minutes, then slice into thin strips and reserve.

**To serve:** In a large bowl, toss the romaine, cabbage, carrot and bell pepper evenly with the remaining ½ cup of the vinaigrette. Divide it between 4 bowls or plates. Top each salad with ¼ cup of the cilantro. Finally, top each salad with one quarter of the grilled flank steak.



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Remove noodles and sugar, replace rice vinegar with white vinegar.



Watch how to make this dish



# Vietnamese grilled Aussie beef salad

A brilliant choice for hot summer nights. It's Aussie grassfed beef tossed with fresh and authentic Vietnamese flavors. Use leftover grilled steak, and you don't even need to cook!

## Ingredients

- Four 7 ounce Aussie grassfed sirloin steaks, fat trimmed
- 2 carrots, sliced into ribbons
- 1 tablespoon rice vinegar
- 4 ounces vermicelli noodles
- ¼ Wombok (Chinese cabbage), finely shredded
- 1 cucumber, sliced into ribbons
- 5 ounce snow peas, sliced diagonally
- ¼ cup mint leaves
- ¼ cup plain and unsalted peanuts, chopped
- Salt and pepper to taste

Serves 4

### For the dressing:

- 1 small red chili, finely chopped
- 3 tablespoons lime juice
- 3 tablespoons sugar
- 1 tablespoon fish sauce
- 1 garlic clove, crushed
- 1 teaspoon ginger, finely grated

## Method

**For the steaks:** Brush with oil and season with pepper. Place a chargrill pan over high heat and cook steak for 3 minutes on each side for medium rare or until cooked to your liking. Rest steaks on a plate.

**For the carrots:** Peel carrots into ribbons with a vegetable peeler and toss with the rice vinegar. Leave to pickle for 10 minutes.

**For the noodles:** Cover vermicelli in boiling water for 5 minutes or until tender, drain and rinse with cold water, drain again. Combine the dressing ingredients.

**To serve:** Combine cabbage, carrots plus pickling liquid, vermicelli, cucumber, snow peas and mint leaves, and toss with dressing. Top salad with sliced beef and peanuts.



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Replace rice salad with your favorite roasted vegetables.



Watch how to make this dish



# Cypriot-style Aussie 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

Serves 4

### For beef skewers:

- 1 ¼ pounds Aussie grassfed beef sirloin, trimmed
- 9 ounce haloumi
- 1 of each pepper - yellow, red and green
- 12 button mushrooms
- Olive oil to taste

### For dressing:

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

### 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

## Method

**For the skewers:** Cut beef, haloumi and peppers into 3-cm 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.



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Remove sugar.

# Korean Aussie beef lettuce cups with kimchi

Were lettuce cups the ridgy-didge taco in Asia? Make these with gluten-free soy or tamari and the whole dish is gluten-free!

## Ingredients

 Serves 4

### For the beef:

- 1½ pounds Aussie grassfed ground beef
- 2 teaspoons ginger, finely grated
- 1 teaspoon garlic, finely chopped
- 2 spring onions, finely chopped
- 2 teaspoons soy sauce
- 1 teaspoon sugar

### For the lettuce cups:

- 8 iceberg lettuce leaves, trimmed
- ½ cup kimchi, chopped
- Tomato slices and sesame seeds to taste

## Method

**For the beef:** Mix the beef with the ginger, garlic, spring onion, soy sauce and sugar. Form into 8 long patties and brush with vegetable oil.

**To cook:** Preheat a ridged chargrill or barbeque to moderately high and cook the patties for 3 minutes each side or until cooked to your liking. Set aside to rest for 5 minutes, covering loosely with foil.

**To serve:** Place the patties in the lettuce cups and top with the kimchi to taste. Serve with tomato slices and a sprinkling of sesame seeds.

## Chef Notes



- For an authentic Korean take, try using blanched and chilled cabbage leaves instead of lettuce cups.
- Uncooked beef patties can be prepared up to a few hours ahead and refrigerated until needed.



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Remove sugar from rub and replace tortillas with lettuce wraps.

# Grassfed beef barbacoa tacos

Taco Tuesday works around the world, from Down Under to the USA. Especially when these Aussie grassfed beef barbacoa tacos are on the menu! Gather your best mates, and make sure someone handles the margaritas.

## Ingredients

Serves 4

### All-purpose BBQ rub:

- 1 cup paprika
- 2 teaspoons chili powder
- 2 teaspoons cayenne
- ½ cup black pepper
- 2 teaspoons smoked paprika
- ½ cup brown sugar, packed
- ¼ cup dried oregano
- ½ cup fine sea salt
- ½ cup garlic powder
- ¼ cup granulated sugar

### Tacos:

- 1½ pounds Aussie grassfed skirt steak, trimmed
- 1 orange, zested and juiced
- 2 limes, zested and juiced

- 2 teaspoons **all-purpose BBQ rub** or other meat rub
- ½ tablespoon canned chipotle in adobo, puréed
- 1 teaspoon garlic, minced
- 1 teaspoon fresh cilantro leaves, chopped
- 8 corn tortillas
- 1 15-ounce can black beans, drained and rinsed
- 1 cup pico de gallo
- ½ cup Cotija cheese, crumbled

## Method

**For the rub:** In a large bowl, combine all the ingredients and break up any excess lumps. Store in an airtight container in a cool, dry place.

**For the tacos:** In a large bowl, combine the citrus juices and zests, BBQ rub, chipotle, garlic and cilantro for a marinade. Coat the skirt steak in the marinade and refrigerate for 2 hours or overnight.

**To cook:** Preheat the grill over high heat. Remove the skirt steak from the marinade, wiping off any excess. Grill the steak for 8 minutes, turning every 2 minutes, or until it reaches the desired doneness. Allow it to rest for 5 minutes, then slice the steak into thin strips.

**To serve:** Heat the tortillas over the grill to soften. Divide the skirt steak evenly among the tortillas. Top each tortilla with 3 tablespoons black beans, 2 tablespoons pico de gallo, and 1 tablespoon cotija cheese. Serve immediately.



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# Cast iron grassfed ribeye with burst tomatoes and roasted corn sauce

Chef Rena knows steaks! As the owner of Mac's On Main, she is well-versed with Australian grassfed beef and has created this delicious meal to taste just like summer on a plate.

## Ingredients

- 10 ounce Aussie grassfed rib eye steak
- 1 tablespoon avocado oil
- 1 cup cherry tomatoes
- 1 teaspoon fresh garlic, minced
- 1 ear of corn, roasted
- salt and pepper, to taste

## Method

Pat steak dry and season liberally with salt & pepper. Heat avocado oil in large skillet (cast iron) until hot. Add steak and cook 4-5 minutes per side for medium rare or longer, to your desired temperature. Remove from pan and let rest.

While steak is resting add tomatoes and roasted corn to skillet with pan juices. Cook until tomatoes are starting to burst (4-5 minutes) add garlic and stir. Continue to cook until tomatoes and corn are heated throughout and juices from tomatoes make a sauce.

Remove from heat. Slice Ribeye steak and spoon burst tomato and corn sauce on top.

Serve with a light salad!



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