

# HOW TO COOK THE PERFECT STEAK

- 1 BRING STEAK TO ROOM TEMPERATURE
- 2 PREHEAT PAN OR BBQ TO HOT
- 3 DRIZZLE STEAK WITH OIL AND SEASON WITH SALT AND PEPPER

## WELL DONE

5-6 minutes per side,  
rest for 6 minutes

## MEDIUM WELL

3½ minutes each side,  
rest for 5 minutes

## MEDIUM

3 minutes each side,  
rest for 4 minutes

## MEDIUM RARE

2½ minutes each side,  
rest for 4 minutes

## RARE

2 minutes each side,  
rest for 2 minutes



Cooking instructions are based on a 2cm thick steak.  
See following recipes for serving suggestions.



Take the guesswork out of cooking steaks with the free SteakMate app,  
available for download from the App Store and Google Play.

# THE GREATEST KITCHEN GUIDE



THE GREATEST  
BUTCHER  
ON YOUR BLOCK



## INTRODUCTION


With access to some amazing local produce on our doorstep who better to speak to than your local butcher. We have teamed up butchers across the nation and sourced all the best kept secrets from tips and tricks and "how to" demonstrations to ensure you can enjoy Australian beef and lamb at its best. Enjoy this kitchen guide jam packed full of all the "need to knows" along with some delicious beef and lamb recipes, all courtesy of some of the Greatest Butchers in Australia.


### REMEMBER

If in doubt ask your Butcher!  
#askyourbutcher

DOWNLOAD OUR MEAT CUT APPS  
TO HELP WITH COOKING TIPS & MORE!

 [www.australianbeef.com.au](http://www.australianbeef.com.au)

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 Meat Cuts

 Steak Mate

 Roast Mate

For all video demonstrations  
check out our Greatest  
Butcher YouTube Channel



# STEAK WITH CHIMICHURRI & QUINOA SALAD

Stuart Hayes



T-BONE STEAK



10 MINS



20 MINS

SERVES 4

### TIPS

Swap T-bone for rib-eye on the bone steaks.

Pushed for time use shop bought chimichurri.

If you don't have skewers for your veggies, grill them on the BBQ grill plate or in a heavy-based pan.

2 x 500g T-Bone steaks  
olive oil  
salt & pepper  
2 zucchini, thickly slices into rounds  
100g cherry tomatoes  
1 red onion, cut into wedges  
2 cups cooked quinoa  
4 large eggs, fried

### CHIMICHURRI SAUCE

1 cup firmly packed parsley,  
thick stems removed  
2-3 garlic cloves  
½ cup olive oil  
1 tbsp red wine vinegar  
1 tbsp lemon juice  
2 tsp dried oregano leaves  
½ tsp sea salt  
cracked black pepper  
½ tsp chilli flakes, optional

1. To make chimichurri sauce, finely chop parsley and garlic, or quickly pulse in a food processor. Tip into a bowl and whisk in remaining ingredients (oil through to chilli flakes). Adjust seasoning to taste.
2. Thread zucchini, tomato and onion onto skewers, and brush with a tablespoon or so of chimichurri sauce. Preheat a heavy-based pan or BBQ grill plate to medium-high. Cook veggie skewers 5-6 mins, turning once. Arrange over quinoa.
3. Drizzle steaks with olive oil and season both sides with salt. Increase barbecue heat to high and cook T-bone steaks for 5 mins, until a golden crust has formed on one side.

- Turn and cook a further 3-4 mins. Using tongs, hold steak on the centre bone and turn to sear all the way around, including the flat-bone end. Transfer to a board, cover loosely with foil and rest for 10 mins. While the steak rests, cook eggs to your liking.
4. Cut both sides of the steak from the bone, slice and spoon over half the chimichurri sauce. Serve steak with fried eggs, quinoa, roasted veggies, and remaining chimichurri.



NOTES



# APRICOT GLAZED LAMB LOIN CHOPS

Des Barritt



LAMB LOIN CHOPS



15 MINS



10 MINS SERVES 4

8–12 lamb loin chops

½ tsp sumac powder

1 tsp olive oil

salt & pepper

¼ cup apricot jam

2 tbsp honey

1 tbsp soy sauce

2 tsp Dijon mustard

2 garlic cloves, crushed

## PEARL COUSCOUS SALAD

1 cup Israeli (pearl) couscous

1¼ cups water

Juice & zest from 2 oranges,  
or ¾ cup orange juice

2 tsp Dijon mustard

2 tsp apple cider vinegar

2 tbsp olive oil

salt & pepper

4 cups rocket leaves

1 cup red grapes, halved

2–3 stalks celery, sliced

½ cup toasted walnuts

½ cup fresh mint or coriander  
leaves, torn

1. Bring water to a boil in a medium saucepan. Add couscous, cover pot, and reduce heat to low. Simmer for 10 mins, then remove pan from heat, keep covered and rest a further 10 mins to finish cooking. Fluff couscous with a fork and transfer to a large bowl.

2. Whisk together orange zest and juice, mustard, vinegar, and olive oil. Season to taste with salt and pepper. Add half the dressing to the warm couscous and toss to combine.

3. Drizzle lamb chops with olive oil and sprinkle both sides with salt, pepper, and sumac. In a small bowl, whisk together apricot jam, honey, soy sauce, mustard, and garlic.

4. Preheat a large heavy-based skillet, or BBQ, to medium-high. Add chops and cook for 3 mins until golden. Turn chops over, brush with glaze and cook a further 2–3 mins.

5. Turn chops once more, brush with glaze, and immediately transfer to a clean plate. Cover loosely with foil and rest for 5 mins.

6. Add rocket, grapes, celery, walnuts, herbs, and remaining orange dressing to the bowl with the couscous, and mix well. Serve chops warm or at room temperature, with couscous salad.

NOTES

# HONEY-SOY OYSTER BLADE STEAKS

Sarah Wadland



LEAN BEEF OYSTER BLADE



20 MINS



5 MINS SERVES 4

4 x 150g oyster blade steaks

¼ cup soy sauce

2 tbsp honey

2 tsp grated ginger

2 garlic cloves, grated

1 tsp sesame oil

## TO SERVE

2 bunches Asian greens, steamed,  
sautéed, or grilled

steamed rice

toasted sesame seeds

1. Combine soy sauce, honey, ginger, garlic, and oil in a large ceramic dish or zip-top bag. Add steaks and turn to coat with marinade. Allow meat to marinate for 20 mins, as it comes to room temperature.

2. Preheat BBQ or a heavy-based skillet to medium-high. Drain excess marinade from steaks and cook for 2–4 mins per side, or until cooked to your liking.

3. Transfer cooked steaks to a clean plate, cover loosely with foil and rest for 5 mins.

4. Serve steaks and resting juices with steamed rice, Asian greens, and sesame seeds.

## TIPS

This marinade will pair perfectly with other steak cuts too. Try rump or sirloin, adjusting cooking time as necessary.

## NOTES



# ARGENTINIAN KEBABS

Mark Rogers



CUBED RUMP STEAK



40 MINS



30 MINS

SERVES 4

750g rump steak, cubed  
½ cup white vinegar  
¼ cup olive oil  
¼ brown onion, grated  
2 cloves garlic, minced  
1 tbsp dried mixed herbs  
1½ tsp ground cumin  
2-3 capsicums, cut into 3 cm pieces  
salt and pepper

## CHIMICHURRI SAUCE

¼ cup olive oil  
2 tbsp red wine vinegar  
½ cup firmly packed parsley  
leaves, finely chopped  
¼ brown onion, finely chopped  
¼ small red capsicum, or 2 long red  
chillies, finely chopped  
1 clove garlic, minced

## SALAD

2 sweet potatoes, thickly sliced  
and roasted  
2 ears corn, steamed or grilled  
4 cups rocket or mixed greens

1. To make the chimichurri, combine all ingredients in a bowl and season to taste with salt and pepper. Set aside.
2. Combine marinade ingredients (white vinegar through to cumin) in a large zip-top bag or ceramic dish. Add beef, stir to coat, and marinate for 30 mins.
3. Drain beef, discarding marinade. Thread meat onto skewers, alternating a piece of capsicum between each piece of beef, and season with salt and pepper. Preheat BBQ or a heavy-based pan to high. Cook skewers, turning to sear all sides, for 4-5 mins.

4. Cut corn kernels off the cob. Combine corn, roasted sweet potato, and rocket on a large platter. Drizzle over 1-2 tbsp chimichurri sauce and toss to coat.
5. Serve beef skewers with salad and chimichurri.

## TIPS

To roast sweet potatoes, toss with 1 tbsp olive oil, season with salt and pepper and bake for 25 mins at 180°C. Alternatively, cook on the BBQ, over medium-low heat, until tender.

## TIPS

Metal skewers are best and re-usable, or if you don't have these and are using wooden skewers remember to soak them in water before using them.



Mark Rogers, Stapleton's Quality Meats, Kareela

## HOW TO MAKE THE PERFECT SKEWER

1. Cut meat to even size cubes, 2-3cm thick is ideal.
2. Thread meat on skewers, with even amounts on each side of the skewer.
3. Add vegetables to the skewer to add moisture to the meat. The vegetables can also be used as a good guide when cooking the skewers.
4. Bring your BBQ, hot plate or frying pan up to a medium heat.
5. Try to avoid continuously turning the skewer, look to cook each side only once for 8 minutes or until a nice "char" is achieved.
6. Do the tong test to check the doneness of the meat - if it springs back it is juicy and ready! The firmer the meat, the more well done it is.



REMEMBER TO REST YOUR SKEWERS FOR A FEW MINUTES BEFORE SERVING

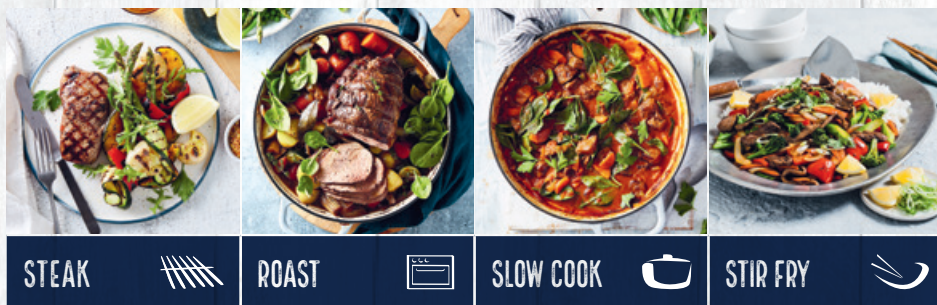


For a video demonstration check out our Greatest Butcher YouTube channel

NOTES



# NOT SURE WHICH CUT TO USE? FEAR NOT!



STEAK



ROAST



SLOW COOK



STIR FRY



Fillet steak

Fillet

Bolar Blade Roast

Rump Steak

Scotch Fillet

Scotch Fillet Roast

Gravy Beef

Flat Iron Steak

Tomahawk Steak

Sirloin Steak

Chuck Steak

Blade Steak

Rib Eye on the bone

Rump Roast

Osso Buco

Round Steak

Sirloin Steak

Oyster Blade Roast

Beef Cheek

Topside Steak

T Bone Steak

Bolar Roast

Blade Steak

Rump Steak

Silverside Roast

Flat iron Steak

Topside Roast

Oyster Blade Steak

BBQ Blade Steak

## PORTERHOUSE STEAK AND ROAST VEGETABLE SALAD

Peter Bouchier



PORTERHOUSE STEAK



15 MINS



25 MINS

SERVES 4

4 x 150g porterhouse steaks  
500g pumpkin, seeds removed  
2 red onions  
2 large red capsicums, seeds removed  
400g baby spinach, rocket, or mixed greens  
100g feta cheese  
½ cup toasted hazelnuts, chopped  
olive oil  
salt & pepper  
DRESSING

1 tbsp red wine vinegar  
¼ cup olive oil  
2 tsp fresh rosemary, chopped

1. Preheat oven to 180°C. Cut pumpkin and onions into wedges, and red capsicum into wide strips. Place vegetables onto a baking paper lined oven tray, drizzle with 1 tbsp olive oil and season with salt and pepper.
2. Roast vegetables for 25–30 mins until tender and golden. Cool slightly.
3. Allow steaks to come to room temperature for 20 mins. Drizzle with oil and season with a pinch of salt and pepper.
4. Heat a heavy-based pan or BBQ to high. Cook steaks for 3–5 mins per side, or until cooked to your liking. Transfer to a board, cover loosely with foil, and rest for 5 mins.

5. Whisk dressing ingredients together and season to taste. Arrange greens on a large platter, top with roasted vegetables, crumbled feta, and nuts. Drizzle with dressing.
6. Serve steaks with roasted vegetable salad.

### TIPS

Steak can also be sliced and tossed through the salad for a one-tray dish.

### NOTES



FOR MORE INFORMATION AND RECIPES, VISIT [AUSTRALIANBEEF.COM.AU](http://AUSTRALIANBEEF.COM.AU)



# HOW TO FREEZE, THAW & REHEAT BEEF



## HOW TO FREEZE

- Trim fat, level out butchers' mince and separate into meal portions for even defrosting.
- Put into airtight plastic freezer bags, then seal removing any excess air from the bag.
- Label with cut name, weight and date – and freeze!
- Freeze up to the recommended storage time for your particular cut.
- **Never refreeze defrosted meat** – this is a food safety risk!

FRESH BEEF CUTS	FREEZER STORAGE TIME*
Sausage	1-2 months
Mince	2-3 months
Strips	2-3 months
Diced	2-3 months
Thin Steaks	2-3 months
Steaks	3-4 months
Roasts (bone in)	4-6 months
Roasts (boned & rolled)	4-6 months
Vacuum-packed Meat (unopened)	4-6 months

COOKED MEAT	FREEZER STORAGE TIME*
All cooked Beef dishes	1 month

\* Ideal temperature is -18°C to -15°C

## HOW TO REHEAT

Pre-prepared meals are a lifesaver when you need to get that hot meal on the table in minutes. For a fast, safe and tasty result, follow our expert tips:

### IN THE MICROWAVE:

- Reheat your beef dish in individual portions.
- Cover with a microwave lid or microwave-safe plastic wrap to trap steam and keep the meal moist.
- Reheat meal for 2 minutes on high, and then stand for 1 minute.
- Feel the centre bottom of the plate to ensure the meal is thoroughly heated.
- Take care when removing the lid or plastic wrap – **the steam released can burn!**

## HOW TO THAW

The best way to defrost beef is to leave it in the fridge until completely thawed. You'll need to plan ahead, but the tender, juicy results are worth the wait!

Simply separate portioned cuts like steaks, keep freezer covering on and pop beef in a dish on the lowest fridge shelf until completely thawed.

BEEF CUT	THAWING TIME
Small Roast	3-5 hours per 500g
Large Roast	4-7 hours per 500g
Steaks (about 2cm thick)	12 hours or overnight

### IN THE MICROWAVE:

Pressed for time? Defrosting beef in the microwave is a saviour when you need to speed things up.

- Remove freezer bag or wrap. This prevents your beef from sitting in 'drip' and stewing while defrosting.
- Use the pre-programmed 'defrost' setting on your microwave.
- When defrosting mince, remove outer portions from the dish as they thaw, and set aside.
- If the edges of cuts feel warm, stop microwaving and allow the beef to stand for a few minutes until the edges are cold again.
- Cook beef immediately after defrosting. Make sure it doesn't stand for any length of time at room temperature or in the fridge.

# SLOW COOKED BEEF RAGOUT

Craig Munro



DICED GRAVY BEEF



15 MINS



2 HRS

SERVES 4-6

1 kg diced gravy beef  
2 tbsp olive oil, divided  
2 onions, diced  
3 carrots, diced  
2 cloves garlic, diced  
2 tbsp tomato paste  
½ cup red wine, or beef stock  
700ml bottle Passata  
400g tin chopped tomatoes  
3 cups water  
2 bay leaves  
1 tbsp mixed Italian herbs  
salt & pepper

### TO SERVE

500g pappardelle pasta  
parmesan cheese  
fresh basil  
green salad

1. Preheat oven to 180°C. Pat beef pieces dry with paper towel.
2. Place a large oven-proof pot over high heat and drizzle in half of the olive oil. Add beef and sear for 3-4 mins, stirring twice to evenly brown meat.
3. Reduce heat to medium-high. Add remaining oil, onion, garlic, and carrot to the pot and stir to combine. Cook a further 3 mins until onion begins to soften.
4. Stir through tomato paste and red wine, and cook for 1 minute. Add tomato passata, chopped tomatoes, water, bay leaves and herbs and mix well. Bring to the boil.
5. Cover pan with a lid or foil, and place in the oven for 2 hrs, or until meat is very tender.
6. Remove pot from oven and place on heat-proof surface. Remove bay leaves and discard. Use a potato masher or two forks to shred meat.
7. For a thicker sauce, return pot to oven, uncovered, and cook a further 30 minutes, until sauce has desired consistency. Season to taste with salt and pepper.
8. Serve ragout with pasta, parmesan cheese, and a fresh green salad.



NOTES



# HEALTHY RISsoles

Bonnie Ewan



LEAN BEEF MINCE



10 MINS



10 MINS

SERVES 4

500g lean beef mince  
½ red onion, finely chopped  
1 small carrot, grated  
½ zucchini, grated  
1 tbsp olive oil, plus extra for cooking  
salt & pepper, to taste

## TO SERVE

Mixed greens with cherry tomatoes and steamed green beans.  
Tomato chutney.

1. In a large bowl, combine mince, onion, carrot, zucchini, 1 tbsp olive oil, and a good pinch of salt and pepper. Mix well.
2. Divide mixture into 8 pieces and form into balls. Gently press the top of each rissole to flatten slightly.
3. Drizzle a bit of extra oil into a large frying pan over medium heat. Cook rissoles for 4–5 mins per side, until browned and cooked through. Transfer to a clean plate and cover loosely with foil to rest for 5 mins.
4. Serve rissoles with salad, green beans, and sauce for dipping.

## TIPS

Rissoles can be made in advance and stored, covered, in the refrigerator for up to 4 hours.

Mixture can also be formed into 4 burger patties or 12 meatballs.

The best way to avoid a raw middle is to make a small indent in the centre of each rissole. This will prevent the meat from puffing up.

## NOTES

# BEEF AND GREENS STIR-FRY

Paul Marsh



LEAN BEEF RUMP



10 MINS



15 MINS

SERVES 4

600g lean beef rump steak, fat trimmed, cut into strips  
1 tbsp vegetable oil  
1 large red onion, cut into thin wedges  
2 garlic cloves, crushed  
1 yellow capsicum, thinly sliced  
250g sugar snaps, halved diagonally  
1 bunch broccolini, cut into thirds  
1 bunch baby bok choy, quartered  
½ cup black bean sauce  
¼ cup roasted almonds, roughly chopped

steamed jasmine rice, coriander sprigs, long red chilli, thinly sliced (optional) to serve.

1. Heat oil in a large non-stick frying pan or wok over high heat. Stir-fry beef, in batches, for 1–2 mins or until well browned. Set aside on a plate loosely covered with foil. Reheat pan, add onion and garlic and stir-fry for 1 min. Add remaining vegetables and stir-fry for 2–3 mins. Add sauce and 2 tbsp water and toss to coat. Return beef and any juices to pan and toss to warm through.
2. Sprinkle beef stir-fry with almonds, coriander and chilli, if desired. Serve with rice.

## TIPS

Ask your butcher to trim and cut your beef into strips.

To save time grab a pre-pack of stir-fry vegetables from your greengrocer or supermarket.

## NOTES





# GREATEST BUTCHERS' TIPS



## 3 REASONS TO REST YOUR MEAT BEFORE SERVING:

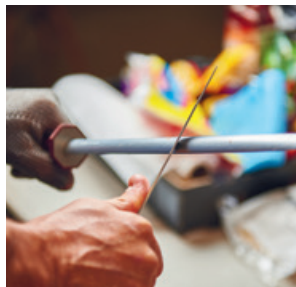
1. Resting allows the juices to redistribute evenly throughout the meat.
2. The meat juices make your meat tender, flavoursome and juicy to eat.
3. If you slice before resting you will lose all these wonderful juices!

REMEMBER REST IS ALWAYS BEST



### WHY CUT AGAINST THE GRAIN?

Whenever you slice raw or cooked meat, you'll get the most tender results if you cut across the grain. Cutting across the grain means to slice perpendicular to the fibers, so the fibers in the cut pieces of meat become much shorter, making it easier to chew them.



### MAKE SURE YOUR KNIVES ARE SHARP

It makes it easier to cut through meat and won't tear through the meat fibres. Or if in doubt get your butcher to do the slicing!



### STEAKS AT ROOM TEMPERATURE

Always allow your steak to come to room temperature before putting it on the BBQ or hot plate. This simple tip will produce juicier, more evenly cooked steak.



### THREE REASONS TO TIE YOUR ROAST:

1. Help it keep its shape during cooking.
2. Keep the filling inside, this is especially important when cooking split roasts.
3. Ensure even cooking when you tie an uneven cut.

IF IN DOUBT ASK YOUR BUTCHER



### ENSURE YOUR BBQ OR PAN IS HOT

If your steak doesn't sizzle when you put it on the BBQ or in the pan it's not hot enough! Get that heat cranked up and test the heat with a splash of water if needed.

### USE THE TONG TEST!

Test for doneness by simply prodding the meat with tongs. When it has a springy but firm texture and is moderately juicy, the meat is done. The firmer the feel of the meat, the more well-done it is.

REMEMBER YOU DON'T HAVE TO BUY THE MOST EXPENSIVE CUTS OF MEAT TO ENJOY TASTY MEALS!



### DON'T PRICK YOUR SAUSAGES

This lets all the juice out and can dry out your sausage. Remember low and slow cooking is the way.



### FOUR QUICK TIPS TO MAKING THE GREATEST GRAVY.

1. Heat up cooked beef pan juices.
2. Add 4 tbsp plain flour.
3. Add 3½ cups beef stock.
4. Bring to boil then reduce to simmer.





#### REMEMBER

THIS CAN BE DONE WITH BOTH BEEF AND LAMB AND IS THE BEST WAY TO ENSURE JUICY SUCCULENT MEAT PACKED FULL OF FLAVOUR WHETHER YOU ARE COOKING A CASSEROLE, CURRY OR STEW!

WE USE THE SAME PAN FOR THE ENTIRE COOK TO USE ALL THE BEAUTIFUL FLAVOURS AND SAVE ON THE WASHING UP!

Brad Callahan, Auburn Meadow Meats, Roseberry.

## HOW TO BROWN YOUR MEAT TO PERFECTION



1. Dice your meat into even cubes 2-3cm is a good size. Place a small amount of oil in the casserole pan, on a medium heat.



2. Using a zip lock bag add your meat to flour, salt and pepper and shake together until it is all covered lightly.



3. Add your meat cubes to the pan. Remember the meat needs to sizzle as it hits the pan - the aim is to sear the meat and lock in the flavours (if it does not sizzle the pan is not hot enough!). You may need to cook your meat in batches depending on the size of the pan. This stops the meat from stewing.



4. Cook until all the meat is browned, return all the batches back to the pan and start to add in your other ingredients whether you are making a casserole, curry or a stew.



For a video demonstration check out our Greatest Butcher YouTube channel

## COCONUT BEEF CURRY

Brad Callahan



CUBED BEEF CHUCK



5 MINS



2 HRS

SERVES 4-6

1kg beef chuck, cubed  
¼ cup olive oil, divided  
1 brown onion, diced  
3 garlic cloves, crushed  
1 tbsp grated ginger  
2 tbsp curry powder  
2 x 400ml tins coconut milk  
1 cup water  
500g cauliflower florets  
200g snow peas  
salt & pepper  
steamed rice, lime wedges, fresh coriander leaves and sliced spring onion to serve.

1. Pat beef dry with paper towel and season with a good pinch of salt and pepper. Drizzle 1 tbsp oil into a large heavy-based pot over medium-high heat. Add half the beef, cook for 4 mins to brown, and transfer to a plate. Repeat with remaining beef and a further 1 tbsp oil.
2. Reduce heat to medium and add onion, garlic, ginger, and remaining oil to the pot. Cook for 2-3 mins, stirring regularly, until onion begins to soften.
3. Add curry powder to onions and cook 30 seconds further. Add coconut milk and water and stir well. Return browned beef and any resting juices to the pot.
4. Bring curry to the boil then reduce heat to low, cover, and simmer for 90 mins.
5. Add cauliflower to the curry and return to a simmer. Cook, uncovered, for 15-20 mins until beef and cauliflower are tender. Stir through snow peas and cook for 3 mins further.
6. Serve curry with rice, coriander and lime wedges.



NOTES



# CRANBERRY STUFFED OYSTER BLADE ROAST

Doug Piper



BEEF OYSTER BLADE



20 MINS



70 MINS

SERVES 4-6

1.8 kg Beef Oyster Blade roast,  
denuded and butterflied  
¾ cup dried cranberries  
2¼ cups fresh breadcrumbs  
1 small brown onion, finely diced  
2 tbsp fresh rosemary, chopped

¼ cup orange juice  
2 tbsp wholegrain mustard  
1 tbsp olive oil  
2 whole oranges, scrubbed  
and sliced  
salt & pepper  
½ cup cranberry sauce, to serve

## ALMOND GREEN BEANS

½ cup slivered or sliced almonds,  
toasted  
600g green beans, trimmed  
2 tbsp olive oil  
2 cloves garlic, minced  
zest from 1 lemon  
2-3 tsp lemon juice

1. Preheat oven to 170°C, fan-forced. Line a large roasting pan with foil and arrange orange slices over the base. Open butterflied roast onto a board, with the fat-cap down, and allow to come to room temperature for 20 mins.
2. In a medium bowl, combine dried cranberries, breadcrumbs, onion, rosemary and orange juice. Season with salt and pepper, and mix well.
3. Season the inside surface of the roast with a good pinch of salt and pepper. Spread stuffing evenly over beef, leaving a 2 cm border around the edges. Roll tightly to enclose, and with the fat-cap on top, secure with string or food grade bands every 3 cm.
4. Transfer tied roast to the pan and place on top of the orange slices. Combine oil and mustard in a small bowl and spread over the top of the roast.
5. Roast the beef for 60 mins. Remove from oven, cover loosely with foil, and rest for 10 mins. Carve into rounds, removing ties as you slice. Serve with pan juices.
6. To make the beans, bring a large pot of water to a boil. Add green beans and cook for 1-2 mins until bright green. Drain.
7. Drizzle oil into a large skillet over medium heat. Add the garlic and cook for 1 min. Add the toasted almonds and drained green beans to the skillet, season with salt, pepper, and lemon zest, and toss to coat. Stir through lemon juice to taste. Serve warm or at room temperature with the roast.

## TIPS

To make fresh breadcrumbs, pulse bread in a food processor until crumbs form.

Stir fresh orange zest through cranberry sauce for an extra flavour boost.

## NOTES





# MOROCCAN KEBABS WITH RED CABBAGE SLAW

Andrew Handler

 BEEF RUMP STEAK  15 MIN + 30 MIN MARINATING  10 MINS SERVES 4-6

800g rump steak, diced into 2-3 cm pieces

2 tbsp olive oil

2 cloves garlic, crushed

¼ cup lemon juice

2 tbsp Moroccan spice mix  
salt & pepper

## RED CABBAGE SALAD

1 small red cabbage, shredded

½ red onion, thinly sliced

200g cherry tomatoes, quartered

2 cucumbers, sliced

½ cup fresh mint leaves

2 tbsp olive oil

1 tbsp apple cider vinegar

## TO SERVE

Lebanese bread, hummus, baba ganoush and lime wedges.

1. Combine diced steak and marinade ingredients in a large bowl or zip-top bag. Leave to marinate for 30 mins.

2. To make the salad, whisk together oil, vinegar, and a pinch of salt and pepper in another large bowl. Add cabbage and onion and stir to coat well with dressing. Toss through tomatoes, cucumber, and mint just before serving.

3. Thread marinated meat onto skewers and sprinkle with a bit of salt and pepper. Pre-heat BBQ or a large heavy-based skillet to medium-high.

4. Cook skewers 4-5 mins, turning to sear all sides. Transfer to a clean plate and cover loosely with foil and rest for 5 mins.

5. Serve skewers with warmed Lebanese bread, dips, and cabbage salad.

## NOTES



# MEXICAN BEEF BOWL

Mark McKinnon

 LEAN BEEF MINCE  10 MINS  20 MINS SERVES 4

600g lean beef mince

2 tbsp salt-reduced taco seasoning

2 corn cobs, husks removed

2 cups cooked brown rice

400g can red kidney beans, rinsed, drained

80g mixed salad leaves

200g grape tomatoes, halved

1 avocado, diced

1 small yellow capsicum, thinly sliced

½ red onion, thinly sliced

Coriander leaves, long red chilli, thinly sliced, natural yoghurt, lime wedges, to serve.

1. Spray a large non-stick frying pan with olive oil and heat over high heat. Cook beef mince, in batches, for 2-3 mins until lightly browned. Set aside on a plate and repeat with remaining beef. Return beef to pan, add taco seasoning and cook for a further minute or until beef is cooked through.

2. Lightly spray corn with olive oil and cook in same frying pan over high heat for 8-10 mins until lightly charred. Cool slightly and remove kernels from corn.

3. Divide corn, rice, beans, salad leaves, tomatoes, avocado, capsicum and onion between 4 bowls. Top with beef and sprinkle with coriander and chilli. Serve with yoghurt and lime wedges.

## TIPS

Switch mince for stir fry strips.

Leftover cooked beef mince can be used in tacos or in a healthy wrap to make a burrito.

## NOTES





# NOT SURE WHICH CUT TO USE? FEAR NOT!

**Lamb**  
100% AUSTRALIAN



CHOP/STEAK

ROAST

SLOW COOK

STIR FRY

Cutlets	Cutlet Rack	Shoulder	Eye of loin
Eye of Loin	Leg	Leg	Tenderloin
Tenderloin	Rump	Shank	Leg steak
Loin Chops	Mini Roast	Neck Fillet	
Chump Chops	Shoulder	Ribs	
Rump Steak	Shoulder Rack	Rosette	
Leg Steak			

## SATAY LAMB STIR FRY

Amy Moore



LAMB LEG STEAK



15 MINS



10 MINS

SERVES 4-6

600g lamb leg steak, thinly sliced into strips  
2 tsp finely chopped ginger  
2 cloves garlic, finely chopped  
1 brown onion, sliced  
1 red capsicum, sliced  
2 carrots, sliced  
1 head broccoli, chopped into florets  
200g green beans, trimmed and sliced  
1 bunch bok choy, chopped  
¼ cup olive oil

### SAUCE

2 tbsp soy sauce  
2 tsp fish sauce  
2 tsp curry powder  
½ cup natural peanut butter  
2 tbsp brown sugar  
270ml tin coconut milk

### TO SERVE

500g packet Hokkien noodles, soaked and drained  
Fresh coriander leaves, lime wedges, and sliced red chilli

1. In a small bowl, whisk together sauce ingredients until smooth.
2. Heat a large wok or skillet over medium-high heat and drizzle in half the oil. Add onion, capsicum, carrots, broccoli, and green beans, and stir-fry 4-5 mins, until veggies are charred on the edges and just starting to soften.
3. Add bok choy to the pan and cook a further 2 mins. Transfer vegetables to a large bowl.
4. Drizzle remaining oil into the pan and add lamb strips, ginger, and garlic. Stir-fry for 2 mins to sear lamb, then add sauce mixture and cook a further minute.

5. Return veggies and any liquid to pan, and toss to coat with the sauce.
6. Serve stir-fry over noodles, with fresh coriander, lime and chilli.

### TIPS

Omit noodles and serve stir-fry over steamed rice if preferred.

### NOTES





# BUTCHER'S STEAK SANDWICH

Michael James



SCOTCH FILLET STEAK



10 MINS



25 MINS

SERVES 4

4 x 150g scotch fillet steak  
2 tomatoes, thinly sliced  
4 lettuce leaves  
½ cup onion relish  
1 loaf Turkish bread, or 4 bread rolls

## SPICY AIOLI

½ cup good quality mayonnaise or aioli  
1 tsp chipotle powder or hot paprika

## TO SERVE

2 large sweet potatoes, scrubbed  
1 tbsp olive oil  
½ tsp sweet or hot paprika  
1 tsp thyme leaves  
¼ tsp salt

1. Preheat oven 180°C. Line an oven tray with baking paper.
2. Cut sweet potato into thick wedges and transfer to prepared tray. Drizzle with oil and sprinkle with paprika, thyme, and salt. Toss to coat potato in spiced oil, then arrange in a single layer. Roast wedges for 25 mins until golden and tender.
3. Preheat BBQ or a heavy-based skillet over high heat. Drizzle steaks with olive oil and season with a pinch of salt and pepper.
4. Cook steaks for 2–3 mins per side, or cooked to your liking. Split bread rolls and toast until golden.

5. To assemble the sandwich, layer bottom bun with spicy aioli, lettuce, and tomato. Top with steak, onion relish and top bun. Serve with sweet potato wedges.

## TIPS

Feel free to add your favourite burger toppings!

## NOTES



# BEEF SAN CHOY BAU

Julie Leaver



LEAN BEEF MINCE



15 MINS



10 MINS

SERVES 4

600g lean beef mince  
1 tbsp vegetable oil  
2 green onions, thinly sliced +extra, to serve  
½ red capsicum, diced  
½ yellow capsicum, diced  
2 medium carrots, shredded  
200g shitake mushrooms, thinly sliced  
½ x small tin (225g) water chestnuts, finely diced  
¼ cup hoisin sauce  
¼ cup coriander leaves, finely chopped +extra sprigs, to serve  
½ cup bean sprouts  
2 baby cos lettuce, leaves washed and separated  
roasted peanuts, roughly chopped, long red chilli, thinly sliced (optional), lime wedges, to serve.

1. Heat half the oil in a large wok or non-stick frying pan over high heat. Cook half the beef for 1–2 mins, or until browned, breaking it up as it cooks. Set aside in a large bowl. Repeat with remaining oil and beef.
2. Reheat wok or frypan over high heat, adding a little extra oil, if necessary.
3. Add onions, capsicum, carrot, mushrooms and water chestnuts and cook for 1–2 mins. Return beef to pan with hoisin sauce and 2 tbsp of water and cook for a further minute, tossing well to coat. Remove from heat, sprinkle with chopped coriander and bean sprouts and toss to coat.

4. Arrange lettuce leaves on a large platter. Spoon beef mixture into lettuce, sprinkle with extra onions, coriander, peanuts and chilli, if desired. Serve with lime wedges.

## TIPS

Beef stir-fry strips would also work well in this recipe.

Add thinly sliced snow peas, shredded cabbage or finely sliced ginger, if desired.

Serve with jasmine or brown rice, if desired.

## NOTES





# TURKISH LAMB BURGER

Paul Fahey



LEAN LAMB MINCE



40 MINS



10 MINS

SERVES 4

600g lamb mince

1 red onion, finely chopped

1 tsp ground cumin

1 tbsp harissa paste

¼ cup fresh parsley leaves,  
finely chopped

salt & pepper

2 tsp olive oil

## TO SERVE

pita pockets, garlic dip, beetroot  
hummus, tabouli, Lebanese  
cucumber, sliced tomato and  
baby spinach leaves.

1. In a large bowl, combine lamb mince, onion, cumin, harissa paste, parsley, and a good pinch of salt and pepper. Mix well. Divide into 4 portions and shape into burgers. Refrigerate for 30 mins.
2. Preheat BBQ or a heavy-based pan to medium. Brush patties with oil and cook for 5–6 mins per side, or until just cooked through.
3. Arrange burgers, bread, dips and toppings on a large platter, and let everyone serve themselves.

## TIPS

Part or all of the harissa can be replaced with tomato paste if preferred.

## NOTES



# DID YOU KNOW • FACTS •

## ASK YOUR LOCAL BUTCHER



### WHICH BEEF IS BETTER, GRASS OR GRAIN FED?

It's all down to the individual, some people like meat that has a little more fat in it (grain fed) and some prefer a stronger flavour that grass fed beef has.



### EVER WONDERED WHY YOUR VACUMMED PACKAGED MEAT HAS A STRANGE ODOUR UPON OPENING?

Fear not, this is called confinement odour and is a result of the vacuum sealing process. Rest the meat in the open for a few minutes and the smell will dissipate.



### WHAT IS THE BEST VALUE CUT OF BEEF?

The rump offers great value, it is suitable for a good steak, stir fry, diced, kebabs, mince, roasting and thin sliced for a schnitzel or sandwich steak.



### WHAT IS THE BEST VALUE CUT OF LAMB?

The lamb rump is economical, readily available and versatile. you can make a lamb mini roast to feed two, stir fry, casserole, kebabs or even lamb rump steaks out of it.



Want to learn more about Beef?

Download the free Meat Cuts App – available in the app store & google play.



# EYE FILLET STEAK DINNER

Stephen Pocock



EYE FILLET STEAK



10 MINS



25 MINS

SERVES 4

4 x 120g eye fillet steaks  
olive oil  
salt & pepper  
2 bunches Dutch carrots, greens trimmed  
2 tbsp olive oil, divided  
¼ cup prepared pesto, optional  
2 bunches English spinach, washed and roughly chopped  
1-2 cloves garlic, crushed  
juice & zest from ½ lemon

## NOTES

1. Allow eye fillet steaks to come to room temperature, about 25 mins.
2. Pre-heat oven to 180°C. Line a rimmed oven tray with baking paper. Slice larger carrots lengthwise in half.
3. Transfer carrots to lined tray and drizzle with 1 tbsp olive oil. Season with salt and pepper, toss to coat in oil, then arrange in a single layer. Roast carrots for 20-25 mins until golden and tender.
4. While the carrots are roasting, preheat a heavy-based pan over high heat. Pat steaks dry with paper towel, drizzle with a bit of oil and season with a good pinch of salt and pepper.
5. Place steaks on the pre-heated pan and reduce heat to medium. Cook 3-4 mins on one side, then flip and cook another 3-4 mins.
6. Transfer steaks to a clean plate, cover loosely with foil and rest for 5 mins before serving.
7. Wipe out pan, drizzle with remaining 1 tbsp olive oil, and place over medium heat. Add garlic and cook for 1 min. Add spinach, and a pinch of salt and pepper, and cook a further minute, until just wilted. Remove from heat, stir through lemon zest and juice to taste.
8. Serve steaks with roasted carrots, spinach and pesto.



# WARM LAMB SALAD

Steve Rosevear



BONELESS LAMB LEG



15 MINS



35 MINS

SERVES 4

600g lean lamb leg steaks, fat trimmed  
2 tbsp olive oil  
1 red onion, cut into wedges  
1 small cauliflower, cut into florets  
350g kent pumpkin, peeled, cut into 4cm wedges  
2 zucchini, thickly sliced  
2 tbsp dukkah  
2 tbsp tahini  
zest and juice of 2 small lemons + extra wedges, to serve  
80g baby rocket  
400g can lentils, rinsed, drained  
80g feta cheese, crumbled  
mint leaves, to serve.

1. Preheat oven to 200°C (180° fan-forced). Line 2 large baking trays with baking paper. Spread onion, cauliflower, pumpkin and zucchini in one layer onto trays. Drizzle with half the oil, season and toss to coat. Cook for 25 mins or until vegetables are tender. Set aside to cool slightly.
2. Meanwhile, brush lamb with remaining oil, season and sprinkle with dukkah. Cook lamb in a non-stick frying pan over medium-high heat for 2-3 mins each side or until cooked to your liking. Rest on a plate loosely covered with foil for 5 mins. Thinly slice lamb.
3. In a screw top jar combine tahini, lemon zest, juice and 2 tbsp water. Season and shake well to combine.

4. Place baby rocket, vegetables, lentils and feta onto a serving platter. Toss gently to combine. Drizzle with tahini dressing. Top salad with lamb, sprinkle with mint and serve with lemon wedges.

## TIPS

Leftover slow cooked lamb leg or shoulder also works well in this recipe.

Switch leg steaks for rump, fillet or backstrap.

Ensure you rest the lamb after cooking to maximise tenderness and juiciness.

## NOTES





# SCOTCH FILLET ROAST

Jeff Wilcox

SCOTCH FILLET ROAST 15 MINS 60 MINS SERVES 4-6

1.5kg scotch fillet roast, tied  
6 carrots, cut into batons  
2 red onions, sliced into 1 cm-thick rings  
1kg baby potatoes, quartered  
¼ cup olive oil, divided  
salt & pepper  
2 cups frozen peas, blanched

## GRAVY

2 tbsp plain flour  
¼ cup dry white wine  
2 tsp grain mustard  
1½-2 cups salt-reduced beef stock  
2 tbsp parsley, chopped

## TIPS

Approximate cooking temperatures for a roast:  
Rare, internal temp 55-60°C.  
Medium, internal temp 65-70°C.

1. Preheat oven to 190°C. Remove roast from fridge and allow to come to room temperature for 25 mins.
2. Place potatoes on a lined oven tray, toss with 1 tbsp of oil, and season with salt and pepper, set aside until required. Place carrot and onion into a deep roasting pan and toss with another 1 tbsp of the oil.
3. Pat roast dry with kitchen towel, rub all over with 2 tsp oil and season with a good pinch of salt. Heat a large heavy-based skillet over high heat. Add beef to pan and cook, turning regularly, for 3-4 mins until browned all over. Place seared beef on top of the carrots and onions in the roasting pan.
4. Roast the beef for 40 mins, then place pan with potatoes into the oven, and continue to roast beef for a further 20-30 mins, or until cooked to your liking.
5. Transfer beef to a board, cover loosely with foil, and rest for 20 mins before carving. Use a slotted spoon to transfer carrots from the roasting pan to a serving dish, cover to keep warm. Remove potatoes from the oven once golden on the outside, and tender when pierced with a fork.
6. Tip pan drippings into a saucepan, sprinkle over flour and whisk to a smooth paste. Cook over medium heat for 1 min. Add wine and ½ cup stock, and whisk for another 1 min to cook off the alcohol. Add mustard and remaining 1 cup stock and cook, whisking constantly, for 2-3 mins until gravy has thickened. Whisk in additional stock for a thinner gravy. Stir through parsley and season to taste with salt and pepper.
7. Serve roast with carrots, potatoes, peas, and gravy.

NOTES

# HOW TO MASTER THE CASSEROLE

DICED BEEF 10 MINS 2 HRS SERVES 4

1kg gravy beef or your favourite cut of beef suitable for slow cooking cut into 3cm pieces  
2 tbsp olive oil  
1 large brown onion, thinly sliced  
2 medium carrots, peeled, sliced  
2 celery stalks, sliced  
2 tbsp plain flour  
500ml beef stock  
400g can diced tomatoes  
1 tbsp Worcestershire sauce  
120g baby spinach leaves  
Flat leaf parsley to garnish  
Mash and green beans to serve.

## CASSEROLE ALTERNATIVES

Once you know the basics, you can switch ingredients to make a huge variety of casseroles, curries and stews.



INDIAN BEEF CASSEROLE



JAPANESE BEEF CASSEROLE



MEDITERRANEAN BEEF CASSEROLE

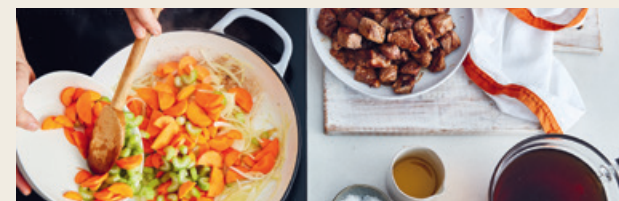


MEXICAN BEEF CASSEROLE

1. Preheat the oven to 180°C (160° fan-forced). Place beef in a large snap lock bag or dish, add half the oil, season and mix well.



2. Heat a large ovenproof casserole dish over medium-high heat. Brown the beef in 2 or 3 batches, setting beef aside on a plate.



3. Reduce heat to medium and add remaining oil. Add onion, carrot and celery, cook, stirring, for 4-5 minutes.



4. Sprinkle in flour and stir until vegetables are coated. Gradually pour in stock stirring well. Return beef to the pan with any juices and add tomatoes and Worcestershire sauce, stirring until the mixture boils.



5. Cover casserole dish, place in oven and cook until beef is very tender (2-2½ hours), stirring occasionally, adding extra stock or water if necessary. Remove from oven, stir in baby spinach leaves and set aside, covered, for 2 minutes.

## TIPS

Serve beef with mash and green beans, sprinkle with parsley.

For full recipes head over to [australianbeef.com.au/casseroles](http://australianbeef.com.au/casseroles)



# SLOW COOKED LAMB LEG

Danny Gramazio

🍴 BONELESS LAMB LEG 🕒 15 MINS 🍳 2 HRS 55 MINS 🍽️ SERVES 6

1.2 kg boneless lamb leg, trimmed  
2 tbsp olive oil  
¼ cup coriander leaves and stems, finely chopped +extra leaves, to garnish  
2 cloves garlic, crushed  
2 tbsp tandoori paste  
2 red onions, cut into wedges  
450g butternut pumpkin, peeled, cut into 4cm pieces  
400g can chickpeas, rinsed, drained  
120g baby spinach  
250g green beans, trimmed, cut into thirds, blanched  
Steamed basmati rice, natural yoghurt, lemon wedges, to serve.

1. Preheat the oven to 180°C (160° fan-forced). Line a large roasting dish with baking paper.
2. In a small bowl, place half the oil, chopped coriander, garlic and tandoori paste. Season and stir.
3. Spread onions onto roasting dish, season and toss to coat. Make small incisions in lamb with a sharp knife, spoon marinade over lamb and rub well to coat. Place lamb on top of onions, pour ½ cup water into base of dish, cover with foil and roast for 2 hrs. Remove foil, spoon juices over lamb and add pumpkin to dish. Cook for a further 30–40 mins, or until lamb is cooked to your liking and vegetables are tender. Remove lamb from dish and set aside covered with foil for 15 mins to rest.

4. Place cooked onions, pumpkin, chickpeas, baby spinach and green beans in a large bowl. Drizzle with remaining oil, season and toss to coat.
5. Shred or slice lamb and serve with pumpkin salad, rice, yoghurt, lime wedges, extra coriander and any remaining pan juices.

## TIPS

Ask your butcher to bone out and truss the lamb leg for you.  
Switch lamb leg for lamb shoulder.  
Use leftover leg of lamb in salads, tacos, or fritters.



NOTES



## REMEMBER

BONES COULD BE FROZEN AND USED AT A LATER DATE FOR A BONE BROTH.

Steve Rosevear, Steve's Fine Meats, Carlingford.

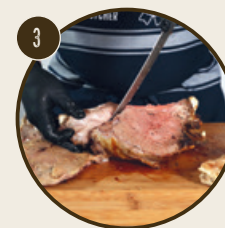
## HOW TO CARVE A LEG OF LAMB LIKE A PRO



After allowing your leg of lamb to rest, turn it over and slice off the underside piece of meat, ensuring you keep the knife hard against the bone. Put this to one side.



Turn the leg back over, remove the shank and run your knife down the middle of the leg keeping the point of the blade hard against the bone leg.



Ensuring you cut along both sides of the bone dividing the remaining section of lamb into two pieces.



You should now have 3 pieces of meat. Take each piece and cut against the grain, into manageable slices for serving.

MAKE SURE YOUR KNIFE IS SHARP, TO MAKE CARVING EASIER

Check out the video demonstration on our Greatest Butcher YouTube channel





# HOW TO FREEZE, THAW & REHEAT LAMB



## HOW TO FREEZE

- Trim fat, level out butchers' mince and separate into meal portions for even defrosting.
- Put into airtight plastic freezer bags, then seal removing any excess air from the bag.
- Label with cut name, weight and date – and freeze!
- Freeze up to the recommended storage time for your particular cut.
- **Never refreeze defrosted meat** - this is a food safety risk!

FRESH LAMB CUTS	FREEZER STORAGE TIME*
Sausage	1-2 months
Mince	2-3 months
Strips	2-3 months
Diced	2-3 months
Thin Steaks	2-3 months
Steaks	3-4 months
Roasts (bone in)	4-6 months
Roasts (boned & rolled)	4-6 months
Vacuum-packed Meat (unopened)	4-6 months

COOKED LAMB DISHES	FREEZER STORAGE TIME*
All cooked Lamb dishes	1 month

\* Ideal temperature is -18°C to -15°C



## HOW TO REHEAT

Pre-prepared meals are a lifesaver when you need to get that hot meal on the table in minutes. For a fast, safe and tasty result, follow our expert tips:

### IN THE MICROWAVE:

- Reheat your lamb dish in individual portions.
- Cover with a microwave lid or microwave-safe plastic wrap to trap steam and keep the meal moist.
- Reheat meal for 2 minutes on high, and then stand for 1 minute.
- Feel the centre bottom of the plate to ensure the meal is thoroughly heated.
- Take care when removing the lid or plastic wrap – the steam released can burn!



## HOW TO THAW

The best way to defrost lamb is to leave it in the fridge until completely thawed. You'll need to plan ahead, but the tender, juicy results are worth the wait!

Simply, separate portioned cuts like chops or cutlets, keep freezer covering on and pop lamb in a dish on the lowest fridge shelf until completely thawed.

LAMB CUT	THAWING TIME
Small Roast	3-5 hours per 500g
Large Roast	4-7 hours per 500g
Steaks (about 2cm thick)	12 hrs or overnight

### IN THE MICROWAVE:

Pressed for time? Defrosting lamb in the microwave is a saviour when you need to speed things up.

- Remove any freezer wrap and place lamb in a dish.
- Use the pre-programmed 'defrost' setting on your microwave.
- When defrosting mince, remove outer portions from the dish as they thaw, and set aside.
- If the edges of cuts feel warm, stop microwaving and allow to stand for a few minutes until the edges are cold again.
- Once thawed cook lamb straight away – don't leave it on the kitchen bench or in the fridge.

# LAMB, SPINACH AND RICE CASSEROLE

Luke Byatt



DICED LAMB



10 MINS



3 HRS

SERVES 4-6

1kg boneless, trimmed, lamb shoulder, diced  
 2 tbsp olive oil, divided  
 2 brown onions, sliced  
 2 cloves garlic, finely chopped  
 2 carrots, diced  
 1½ tbsp sweet paprika  
 2 cups water  
 25g butter, cubed  
 1½ cups reduced salt vegetable stock  
 1 cup basmati rice, rinsed and drained  
 1 bunch English spinach, trimmed and roughly chopped  
 salt & pepper

### TO SERVE

mixed green salad  
 parsley and lemon wedges.

1. Sprinkle diced lamb with ¼ tsp salt. Place a large pot or casserole dish over medium-high heat and drizzle in half the olive oil. Add half the lamb and cook for 4-5 mins until meat is golden. Transfer browned lamb to a plate, and repeat with remaining lamb and oil.
2. Return all meat and any resting juices to the pot. Add onion, garlic, and carrots, and cook a further 3-4 mins, until onion begins to soften.
3. Stir through paprika. Add water and bring to the boil, then cover pan, reduce heat to low, and simmer for 2 hours.
4. After 2 hours, remove lid, add butter and stock, and return to the boil. Scatter rice over the liquid and gently stir to submerge.

5. Replace cover, return heat to low and simmer a further 30 mins, until rice is cooked and lamb very is tender.
6. Remove pan from heat, add spinach, and replace cover. Set aside for 10 mins to wilt spinach leaves. Serve casserole with parsley, lemon wedges, and a fresh green salad.

### TIPS

Instead of simmering on the stove, preheat oven to 180°C, and bake the casserole from Step 3. All other steps remain the same.



NOTES