

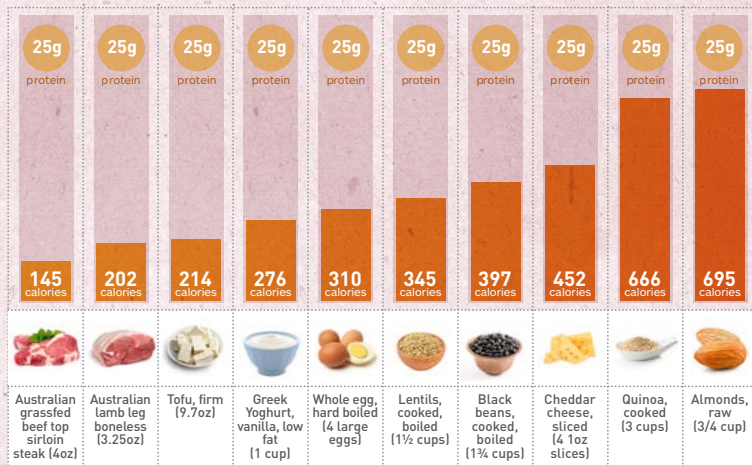
GREAT TASTE THAT WON'T GET TO YOUR WAIST



When it comes to choosing healthy proteins, lean Australian beef is a delicious and healthy choice for beefing up your high quality protein needs.

With Australian cattle raised predominately on pasture, Australian grassfed beef products are lean and naturally contain 13 essential nutrients required for good health, including **Iron, Zinc, Omega-3 and B vitamins**

MORE PROTEIN WITH LESS CALORIES FROM AUSTRALIAN BEEF AND LAMB



www.australian-beef.com



**TRUE
AUSSIE
BEEF**

IRON & ZINC

Beef is also one of the **best sources of well absorbed iron** (otherwise known as heme-iron) **and zinc**, more effective than the iron and zinc found in plant-based foods.

IRON MEANS BRAIN POWER



Iron is important for energy, **brain function, healthy growth and development** particularly in babies, toddlers and children, and zinc is important for a healthy immune system.

4x

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



Not only is Australian grassfed beef lean (when trimmed of visible fat), because it is pasture raised, it is a valuable source of **Omega 3 fatty acids**, the same 'healthy' fat found in fish.

USDA DIETARY GUIDELINES



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) meats- enjoy 3 to 4 times per week with vegetables for a satisfying, tasty meal which will help to meet your daily iron and zinc requirements.

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



SHAVED GRASSFED BEEF RAMEN



Ramen is Japanese comfort food, and it's especially delicious with rare Aussie beef. Customize your bowl with any number of garnishes to make it so much better than plain instant noodles.



**TRUE
AUSSIE
BEEF**

Yield
4 servings

Portion Size
2 cups broth,
4 oz. beef

Alternate cuts
Any braising cut

INGREDIENTS

2 pieces dried kombu or nori seaweed, cut into -4x-4-inch squares

SAUCE

½ cup soy sauce
2 tablespoons sake
1 tablespoon mirin

STOCK

2 pound Australian grassfed sirloin
½ tablespoon kosher salt
½ teaspoon black pepper
2 tablespoons vegetable oil
2 bunches scallions, chopped
2 peeled carrots, chopped
1 head garlic, halved horizontally
one -7inch piece fresh ginger peeled and sliced
¼ cup bonito flakes
3 cups vegetable stock
Three 3 ounce packages dried ramen noodles

METHOD

Soak the seaweed in 6 cups of water overnight.

FOR THE SAUCE

In a small bowl, stir together the soy sauce, sake, and mirin. Refrigerate until ready to use.

FOR THE STOCK

The next day, season the beef with salt and pepper. Preheat a large skillet over HIGH heat and add the oil. Once it begins to smoke, add the beef and sear it on all sides until golden. Add the beef, scallions, carrots, garlic, ginger, bonito and stock to a large crock pot. Cook it on LOW, uncovered, for 4 hours, or until the stock has reduced by half. Drain the seaweed and reserve the water. Remove the beef from the pot and stir in the sauce and seaweed water. Discard seaweed. Season the stock with salt and pepper and strain, if desired. Keep it warm or cool and refrigerate until ready to use. Next, very thinly slice the beef. Cook the noodles as directed on the package. Drain.

TO SERVE

Place some of the cooked noodles in a large bowl and top with 2 cups of stock and some sliced beef. Garnish as desired.

CHEF'S TIP

Garnish with your choice of the following: hard-boiled egg, bamboo shoots, scallion, toasted nori, chili oil, sesame oil or togarashi spice (Japanese chili spice blend)

NUTRITION FACTS (SERVING SIZE: 4 OUNCES)

Calories	Protein (g)	Carbohydrates (g)	Fat (g)	Chol (mg)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Vit A (%)	Vit C (%)	Calcium (%)	Iron (%)	Fiber (g)	Sugar (g)
647	35	56	31	77	12	1	450	123	15	11	43	3	1

Needing more inspiration?
Go to www.australian-beef.com for more recipes.

