

Eat Better. Feel Better.

Upgrade your summer recipes
with Australian beef.



**AUSSIE
BEEF™**

Eat Better. Feel Better. with Australian beef

If (like us) you've been tucking into the comfort food a bit more than you should, 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 beef from Down Under. Here are some ideas to try, and the reasons why.

This Vietnamese style 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.

High in Protein, Low in Calories

4 oz beef top sirloin steak
(25 grams protein) 145 calories

3 cups quinoa
(25 grams protein) 666 calories

Tips for cooking Aussie beef

- ✓ Bring to room temperature before cooking
- ✓ Handle lightly, flipping only once when grilling.
- ✓ Rest for 5-10 minutes to keep it nice and juicy.
- ✓ Try our handy **steak mate tool** just plug in cut, a few details and we'll do the rest.

Benefits of naturally delicious and nutritious Australian grassfed beef



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

Australia's Commitment to the Planet



Leading a world-first collaboration to measure the complete farm system carbon cycle for grazing



Improving productivity & sustainability strategies for soil, water, and grazing management



Providing producers with digital tools to better track sustainability

78% Reduction in greenhouse gas emissions since 2005

73% Decreased water usage in the last 40 years

Learn more about Australia's net zero ambition:



To find more healthy summer recipes, nutritional meal guides, plus a whole library of how-to cooking videos, go to

www.aussiebeefandlamb.com

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AUSSOME

SUMMER RECIPES

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Grilling greater with beef from Australia

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One of the best parts of summer is cooking outside!
Beef from Australia – the sustainable source
for beef – ups the ante on a go-to favorite, from
burgers and steaks to skewers and tri-tips. The clean,
natural flavor of Aussie beef tastes even better when you
know you and your family are enjoying high-quality beef
that's good for you and good for the environment.

Harissa spiced strip steak with char-grilled zucchini

Throwing some steaks and summer veg on the barbie – aka the grill – is as easy as it is tasty; adding the complex heat of North African harissa paste into the mix takes it to another level with no extra work.




Serves
4


Cook time
20min


Preparation time
10min

Ingredients

- 4 Australian beef strip steaks, fat trimmed
 - 3 zucchinis, halved, chopped
 - Fingerling potatoes
 - 2 Tablespoons extra virgin olive oil
 - 2 Tablespoons Harissa paste
 - 1 Tablespoon thyme leaves, chopped
 - Zest and juice of 1 lemon
 - ½ cup ricotta cheese
 - 2 Tablespoons slivered almonds, toasted
- To serve:** thyme leaves, lemon wedges, mint leaves

Method

In a large bowl place half the oil, Harissa paste and thyme. Add steaks, season well and rub to coat. Heat a grill or large char-grill pan over medium-high heat. Cook steaks for 3–4 minutes each side or until cooked to your liking. Set steaks aside on a plate loosely covered with foil to rest for 5 minutes.

Meanwhile, place zucchini and remaining oil in a large bowl. Season and toss to coat. Add to the grill or reheat the same pan over medium-high heat and cook zucchini for 6–7 minutes or until charred and tender. Remove, return to large bowl, add lemon zest and juice and toss to coat. Top zucchini with ricotta, almonds and mint leaves.

Serve steaks with zucchini, potatoes, extra thyme and lemon wedges.

Easy Swaps

Steak and veg is a staple in most homes and a great way to enjoy seasonal vegetables and flavorings. Try swapping fingerling potatoes for sweet potato, zucchini for brussel sprouts or eggplant and a smokey BBQ rub instead of Harissa to mix it up.

Texas-style Aussie flank steak salad



Serves
4



Cook time
40min



Preparation time
30 min

Ingredients

Steak and marinade:

- 1½ - 2 pounds Australian 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

Salad:

- 2 corn cobs
- 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.

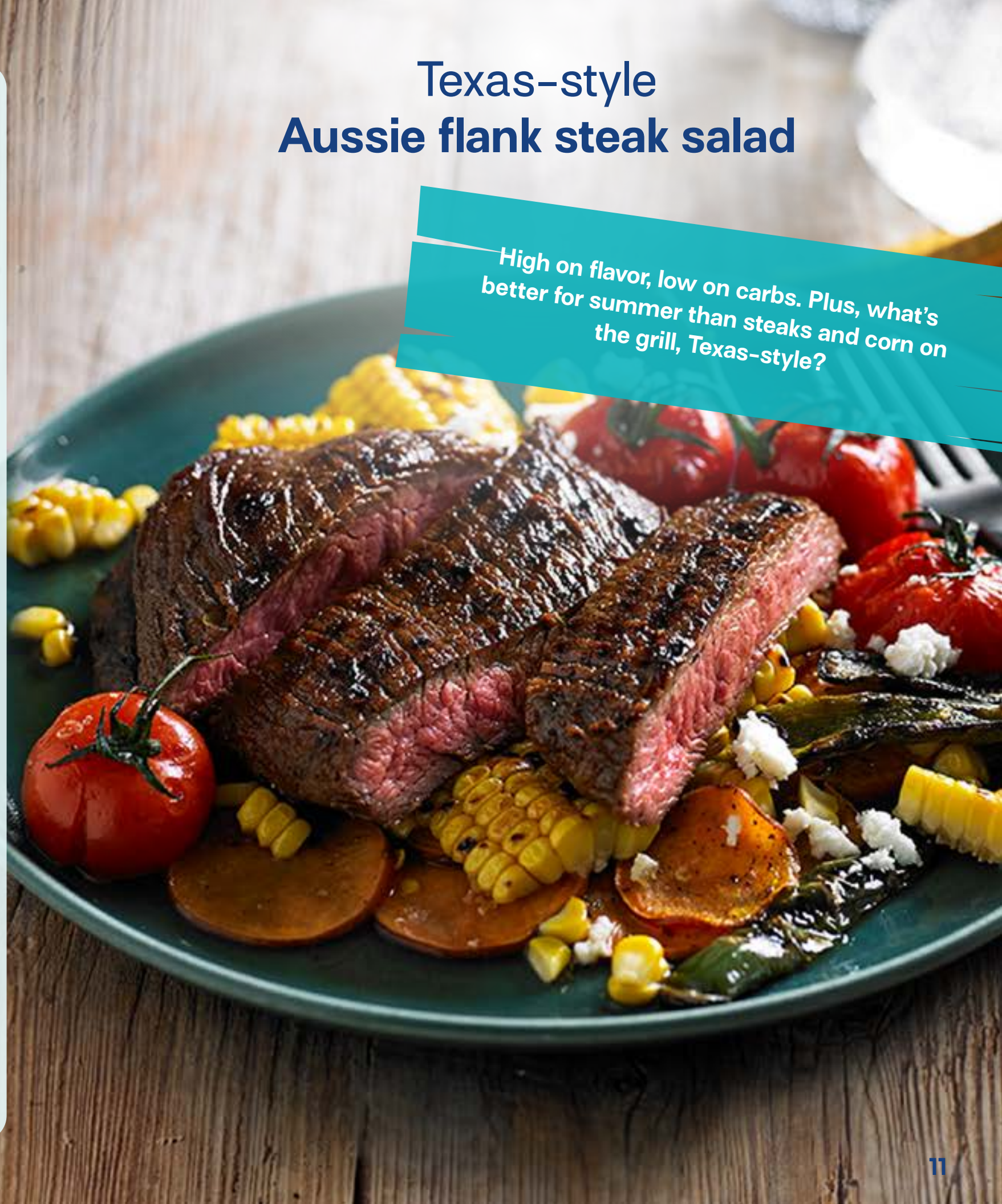
To cook: Remove meat from marinade, discarding marinade. Grill steak pieces 4 minutes on each side and place in oven for a further 5 minutes for medium. Remove cover in foil and set aside. Brush the other vegetables in remaining oil and sprinkle with salt and pepper. Place on a baking paper lined tray,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

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



Vietnamese grilled Aussie beef salad

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



Watch how to
make this
dish



Serves
4



Cook time
10 min



Preparation time
30 min

Ingredients

- Four 6 - 8 ounces Australian 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
- 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

For the dressing:

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.

Tikka masala burger with Aussie beef



Serves
4



Cook time
10 min



Preparation time
10min

Ingredients

Portion size: 1 burger

Tikka masala burger:

- 1 pound Australian 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

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.

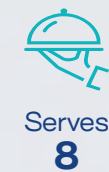
These burgers feature a healthy richness from yogurt, dill and Indian spices. Top it off with your favorite veggies and tikka masala sauce for a meal filled with flavor.



Watch
how to grill a
beef burger

Soy-marinated grilled Aussie tri-tip

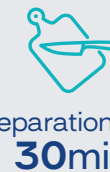
Aussie tri-tip can be used in a variety of recipes when marinated in soy sauce and lightly grilled. Wrap it in tortillas, serve it over rice, or toss it with salad greens and roasted vegetables.



Serves
8



Cook time
30min



Preparation time
30min

Ingredients

Portion size: 4 oz. beef

- 1 - 2 pounds Australian beef tri-tip
- 2 teaspoons Soy sauce, plus extra for garnish
- 1 teaspoon Granulated garlic
- 1 teaspoon Black pepper
- 1 teaspoon Kosher salt
- 2 Tablespoons Extra-virgin olive oil
- Chili paste as needed (optional)

Method

In a small bowl, combine the salt, soy sauce, pepper, garlic, and oil and massage them into the tri tip. Let it marinate for 30 minutes at room temperature. Fifteen minutes before cooking, preheat the grill to high heat (500 degrees F).

Grill the tri tip, fat-side down, for 25 to 30 minutes, turning every 7 to 8 minutes, until it reaches an internal temperature of 135 to 140 degrees F.

Let the tri tip rest for 10 minutes off the heat before slicing it. Serve immediately, drizzled with additional soy sauce and chili paste, if desired.

Cypriot-style Aussie beef and haloumi kebabs



Serves
4



Cook time
10 min



Preparation time
20 min

Ingredients

For beef skewers:

- 1½ - 2 pounds Australian 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 peppers 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.

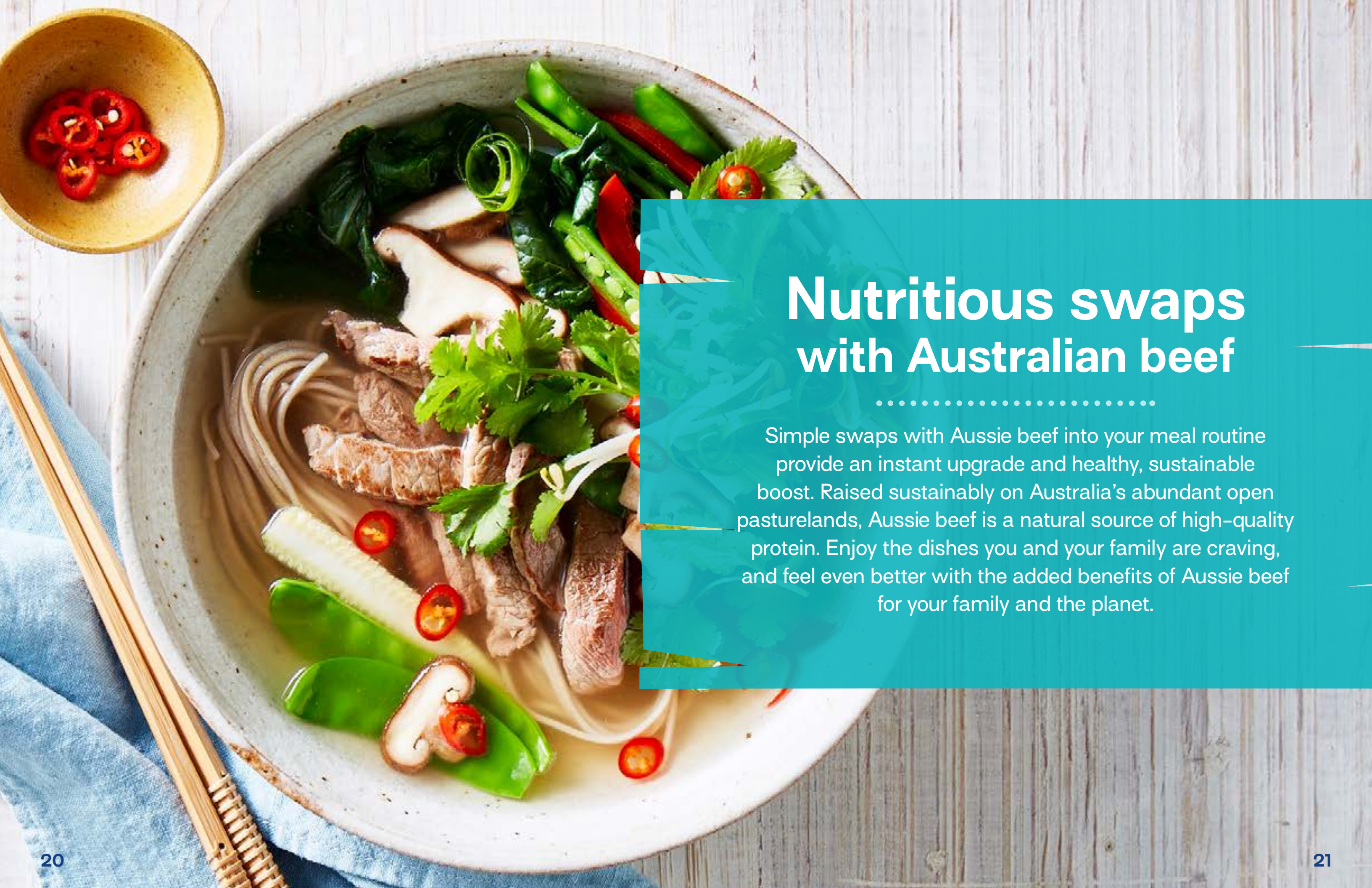
To cook: Preheat a grill. Cook skewers on each side until golden and cooked to your liking, about 15 minutes for medium. Baste with the reserved dressing as you go.

To serve: Serve with rice and lentil salad.

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.



WATCH
how to make
this dish



Nutritious swaps with Australian beef

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Simple swaps with Aussie beef into your meal routine provide an instant upgrade and healthy, sustainable boost. Raised sustainably on Australia's abundant open pasturelands, Aussie beef is a natural source of high-quality protein. Enjoy the dishes you and your family are craving, and feel even better with the added benefits of Aussie beef for your family and the planet.

Whole30 teriyaki burgers with grilled pineapple

These Whole30 Teriyaki Burgers with Grilled Pineapple are perfect for grilling this summer! They have a tasty gluten free & soy free homemade teriyaki sauce, grilled onion and pineapple, and a lettuce bun.



Serves
3 burgers



Cook time
10min



Preparation time
10min

Ingredients

Teriyaki Sauce

- ¼ cup reserved pineapple juice can also sub fresh orange juice
- ⅓ cup coconut aminos
- 1 tablespoon rice vinegar
- 1 clove minced garlic
- 1 teaspoon powdered ginger
- ½ teaspoon crushed red pepper optional
- ¼ teaspoon salt
- 2 teaspoon arrowroot powder
- 2 tablespoon water
- Burgers

- 1 pound Australian ground beef
- 2 cloves minced garlic
- 1 teaspoon powdered ginger
- ¼ cup chopped fresh cilantro
- 1 tablespoon coconut aminos
- 1 teaspoon salt
- ½ teaspoon black pepper

Toppings/Bun

- 3 pineapple rings (save ¼ cup juice for sauce)
- 1 red onion, sliced into ½-inch slices
- Mayonaise
- 1 head lettuce, cut into “buns” (or alternatively use a regular or GF bun)

Method

Heat your grill over medium heat. Bring all of the teriyaki sauce ingredients (except for arrowroot and water) to a boil in a small sauce pan on the stove. In a separate small bowl, stir the arrowroot powder and water together to create a slurry. Once the sauce is bubbling, whisk in the slurry mixture. It should thicken immediately. Remove from heat until ready to use.

Combine all of the burger ingredients in a bowl and mix well using your hands. Form 3 patties, about 5 inches wide and 1 inch thick. Grill them for 3–4 minutes per side, brushing some of the teriyaki sauce on each side before flipping. While the burgers are cooking, add the onion slices and pineapple rings to the grill. Cook for 2–3 minutes per side until they have nice grill marks but are not too charred.

Serve the burgers on lettuce “buns” topped with additional teriyaki sauce, the red onion, and pineapple.



Serves
6-8



Cook time
35min



Preparation time
10min

Ingredients

- 1 ½ lbs Australian flank steak
- 1 ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoon canola oil, divided
- 1 large yellow onion, thinly sliced
- 6 cloves garlic, finely chopped
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 2 teaspoon dried oregano
- 2 teaspoon dried thyme
- 2 teaspoon ground cumin
- 2 teaspoon smoked paprika
- 1 cup dry red wine
- 1 (15 oz) can whole tomatoes
- 1 cup beef broth
- 3 tablespoon tomato paste
- 1 bay leaf
- 1 tablespoon white vinegar
- ½ cup pimiento-stuffed Spanish olives, halved

To Serve:

- Steamed rice
- [Fried plantains](#)
- Canned black beans
- Fresh parsley, roughly chopped

Method

Season Australian flank steak with kosher salt and freshly ground pepper. Heat canola oil in a 6-quart pressure cooker over medium-high heat. Add steak and brown on each side, about 2-3 minutes. Transfer to a plate.

Add an additional 1 tablespoon oil in the pressure cooker over medium high heat and stir in onions, garlic, and bell peppers. Sauté until the onions have softened, about 4 minutes. Stir in oregano, thyme, cumin, and paprika and sauté until fragrant, about 30 seconds. Add wine and simmer until most of the liquid has evaporated, about 2 minutes.

Add tomatoes, tomato paste, beef broth, and bay leaf to the pressure cooker. Simmer for 2 minutes, breaking up tomatoes with a spoon. Return steak and accumulated juices to the cooker. Cover and secure pressure cooker with lid and increase heat to high. Once the pressure cooker whistles over high pressure, reduce the pressure to low and cook for 25 minutes. Remove from heat and allow to cool before removing lid.

Reheat the stew uncovered over medium heat. Season with salt and pepper to taste. Stir in vinegar and olives and simmer for 5 minutes to allow flavors to combine.

Serve stew over rice with fried plantains and black beans on the side. Garnish with parsley. Enjoy!

Ropa vieja with Australian flank steak

Ropa Vieja is one of Cuba's national dishes and is hands-down a seriously delicious stew that's big on taste with tomatoes, bell peppers, and spices.



WATCH
how to make
this recipe

Carb-free Aussie 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.



Serves
4



Cook time
45 min



Preparation time
30 min

Ingredients

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 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.



Serves
4



Cook time
10min



Preparation time
30min

Ingredients

- Four 6 - 8 ounce Australian sirloin, trimmed
- 1 bunch cilantro, including roots and stems, roughly chopped
- 2 limes, juiced
- 3 tablespoons extra virgin olive oil
- ¼ cup roasted almonds, roughly chopped
- 1 small mango, diced
- 1 English cucumber, peeled into ribbons
- 1 avocado, sliced
- 1 pint cherry or grape tomatoes, halved

Method

Before cooking: Brush steaks with oil and preheat a chargrill pan or BBQ.

For almond mojo sauce: Place cilantro roots, stems and leaves in a blender or food processor and process until roughly chopped. Add half the lime juice, 2 tablespoons oil and 1/2 teaspoon salt and blend until smooth. Pour into a bowl and fold through almonds, mango and chopped cilantro leaves.

To serve: Assemble salad and dress with remaining lime juice and oil. Season steaks with salt and pepper and cook for 3 minutes each side or until cooked to your liking. Rest for 5 minutes. Spoon over sauce and serve with salad.

Aussie beef sirloin with almond mojo sauce

Whether you say it “mo-ho” or “mo-joe” it’s just as tasty hot off the grill. The clean, bright citrus flavors of the sauce are a dynamite pairing with Australian beef.



WATCH
how to cook up
#aussome steak
with almond
mojo from our
very own Chef
Adam Moore

Shaved Aussie beef ramen

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




WATCH
how to make
this dish



Serves
4



Cook time
4 hrs



Preparation time
20 min

Ingredients

- 2 pounds Australian 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
 - 1 (7-inch) piece fresh ginger
 - ¼ cup bonito flakes
 - 3 cups vegetable stock
 - 3 (3-ounce) packages dried ramen noodles
 - 2 pieces dried kombu or nori seaweed, cut into 4x4-inch squares
- For sauce:**
- ½ cup soy sauce
 - 2 tablespoons sake
 - 1 tablespoon mirin

Method

Before cooking: 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 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.

To serve, very thinly slice the beef. Cook the noodles as directed on the package. Drain.

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

[Click here for Instant pot method](#)

Aussie beef, arugula and Parmesan pizza with mint oil



Serves
4



Cook time
15min



Preparation time
20min

Ingredients

- ½ pound Australian beef tenderloin (or substitute sirloin or strip loin)
 - Olive oil as needed
 - Salt and freshly ground pepper to taste
 - 1 frozen pizza dough base
 - 1½ cups arugula
 - 3 ounces Parmesan cheese, shaved
- For the mint oil:**
- ¼ cup olive oil
 - 6 fresh mint leaves

Method

Preheat oven to 425°F.

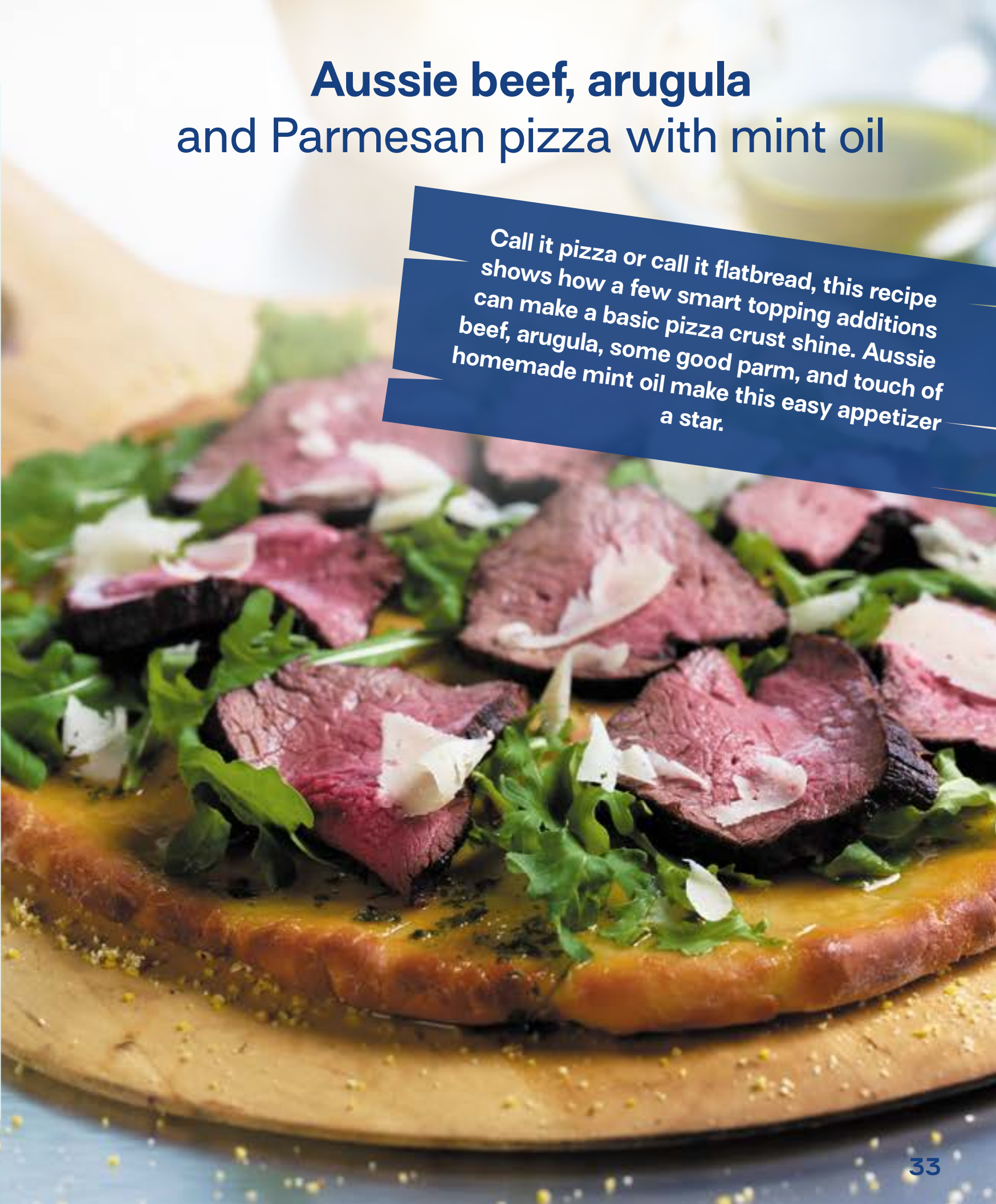
For the mint oil: Place olive oil and mint leaves in blender or coffee grinder and puree until smooth. Set aside.

Brush beef generously with olive oil and season to taste. Heat a non-stick pan or barbeque to high, and sear meat 2–3 minutes each side or until cooked to your liking. Transfer to a plate, cover loosely with foil and keep warm until pizza base is cooked.

Bake pizza dough for 10 minutes or until a pale golden brown. If dough puffs up, you can let steam out when it's out of the oven.

To Serve: Slice beef thinly. Drizzle pizza base with mint oil and scatter arugula over top. Arrange sliced beef over leaves and finish with shaved Parmesan. Serve with a glass of good red wine.

Call it pizza or call it flatbread, this recipe shows how a few smart topping additions can make a basic pizza crust shine. Aussie beef, arugula, some good parm, and touch of homemade mint oil make this easy appetizer a star.



Asian inspired beef soup

A simplified, speed-scratch version of the classic Vietnamese Pho (pron. “fuh”), this makes for a flavorful, satisfying supper or quick lunch working from home.



Serves
4



Cook time
15min



Preparation time
10min

Ingredients

- 1 pound Australian beef steak, cut into strips
 - 1 red pepper, thinly sliced
 - 8 ears of fresh baby corn, halved lengthways
 - $\frac{3}{4}$ cup shitake mushrooms, thinly sliced
 - $\frac{3}{4}$ cup snow peas, trimmed, halved diagonally
 - 1 bunch Asian greens, leaves separated
 - $\frac{3}{4}$ cup bean sprouts, trimmed
 - 1 cup dried soba noodles
 - 1 Tablespoon extra virgin olive oil
 - 8 cups Beef pho soup base
- To serve:** Red chili (sliced), green onions (sliced) and cilantro

Method

Prepare noodles according to packet instructions. Drain and set aside.

Heat oil in a wok or large non-stick frying pan over medium-high heat. Cook beef strips, in batches, for 2-3 minutes or until browned. Set aside on a plate loosely covered with foil.

Meanwhile, place soup base into a large saucepan. Bring to a boil over high heat before reducing heat to a simmer. Add peppers, corn, mushrooms, snow peas and Asian greens. Simmer for 2 minutes or until just tender.

Divide noodles and cooked vegetables between bowls. Top with beef and ladle over hot broth. Serve topped with bean sprouts, chili, green onions and coriander.

Tips/Easy Swaps

Look out for ready-made stocks or broths to customize your soup.



Handhelds & picnic fare


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Summertime calls for “handy” meals you can have whenever the time is right – by the pool, at the park, in the backyard or the cookout. Every culture has handheld foods, and who doesn’t love to eat this way? Tacos, sandwiches and wraps are as easy to put together as they are to enjoy.

Char-grilled Aussie beef sirloin po'boy rolls with chili sauce

A great sandwich is built from few great ingredients
- Aussie beef hot off the grill, a good roll, creamy avocado, crisp veggies and a bit of pickle are all you need. Well, that and a bit of chili sauce for kick!




Serves
4


Cook time
15 min


Preparation time
30 min

Ingredients

Alternate cuts: Flank, sirloin or flat iron steak

- 1 - 1 ½ pounds trimmed Australian beef sirloin steak
- 1 tablespoon olive oil
- 2 each Lebanese cucumbers

- 1 tablespoon white vinegar
- 4 brown bread sandwich rolls, soft
- Wholegrain mustard to taste
- 1 avocado, sliced
- 2 roma tomatoes, sliced

- 2 cups iceberg lettuce, shredded
- Chili sauce to taste

Method

To pickle the cucumbers: Cut them into long batons the length of each bread roll. Sprinkle with a little salt and the vinegar and leave to pickle for 10-15 minutes.

To cook: Brush beef with oil and season with salt and pepper. Preheat a frying pan over high heat and cook the steaks for 2 minutes each side. Rest for 5-10 minutes and slice thinly.

To serve: Open the bread rolls and spread with mustard and avocado. Fill the rolls with lettuce and tomato and top with sliced beef and chili sauce.

Chef Notes

Mini po' boys are ideal for parties, entertaining and kids meals. Plus a great way to use leftover meat for a quick lunch.



Serves
10



Cook time
10min



Preparation time
15min

Ingredients

- 1-pound Australian beef steak or roast/stew meat
- 3 green onions

Satay Sauce:

- ¼ cup fresh peanut butter
- 2 teaspoons soy sauce
- 1 teaspoon lemon juice
- 1-2 teaspoons sugar
- 1 clove garlic, crushed
- 1 teaspoon sweet chili sauce, or to taste

Papaya Relish:

- ½ papaya, flesh mashed
- Juice of ½ lime
- 2 tablespoons finely chopped cilantro
- Pinch brown sugar
- 1 teaspoon fresh chopped green chili

Method

Trim beef and cut into 1-inch cubes. Peel green onions and cut diagonally into 1-inch pieces. Combine satay sauce ingredients in a bowl and mix to a smooth paste. Add water if necessary to make a thick sauce consistency. Add the beef, cover and refrigerate 30 minutes to 1 hour.

Combine papaya relish ingredients and mix well. Refrigerate until ready to serve. Soak 10 bamboo skewers in cold water 20 minutes to prevent burning. Remove beef from satay sauce, brushing off excess, and thread onto skewers alternately with green onions.

Heat a barbecue or grill to high and cook skewers, turning for 4–5 minutes or until cooked as desired. Serve with papaya relish for dipping.

Aussie beef satay skewers with papaya relish

A bit of high-quality Aussie steak and a simple soy marinade are all you need for a winning appetizer. Grilled meat on a stick for the win!



Aussie beef barbacoa tacos

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


Serves
4


Cook time
10min


Preparation time
30min

Ingredients

- All-purpose BBQ rub:**
 - 1 cup paprika (Or your favorite store-bought option!)
 - 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 Australian 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.



WATCH
how to cook
up these
#aussome
tacos from our
very own Chef
Adam Moore



Serves
4



Cook time
10min



Preparation time
30min

Ingredients

- 1-pound Australian ground beef
- Kosher salt, for seasoning
- Black pepper, for seasoning
- Extra virgin olive oil, as needed
- 4 whole wheat burger buns
- ½ cup whole grain mustard
- ¼ cup non-fat Greek yogurt
- 1 ripe tomato, sliced thin
- 1 seedless cucumber, sliced thin
- 1 red bell pepper, sliced thin
- 1 red onion, sliced thin
- Fresh herbs, as desired
- 1 head butter lettuce

Method

Preheat grill over high heat. Portion the ground beef into ¼ pound patties. Season with salt and pepper cook to desired doneness. Meanwhile, in a small bowl, mix together the mustard and yogurt. Set aside. In another bowl, toss together the remaining vegetables and herbs, except for the lettuce.

Season with salt and let sit over a strainer to release excess water while the burgers finish cooking- about 5 minutes. To serve, toast buns and layer in the following order: bun heel, mustard-yogurt sauce, lettuce, burger, vegetable salad and the bun top. Serve with your favorite side dish.

The Aussie beef “better burger”

Here's an indulgence you can feel good about
- with Aussie beef and a flavorful
yogurt-mustard spread,
this burger is big on flavor!



WATCH
how to make
this recipe

Aussie beef and pepper fajitas with avocado

Fajitas (Fah-HEE-Tahs) are an ideal build-your-own feast that comes together really quickly. This one makes the most of another #Aussome summer combination - avocados and Aussie beef!




Serves
6


Cook time
10min


Preparation time
15min

Ingredients

- 1-pound Australian beef strip loin, ribeye or tenderloin steak
- 1-2 tablespoons olive oil
- Salt and freshly ground pepper

Marinade:

- Juice of 2 limes
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chopped garlic
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried chilies, crushed

Avocado Salsa:

- 1 large avocado, diced
- 2 Roma tomatoes, diced
- 1 green chili, finely diced
- Juice of 1 lime
- 2 tablespoons cilantro, finely chopped

Fajita:

- 2 tablespoons olive oil
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 yellow pepper, sliced
- 1 red onion, halved and sliced
- 6 large flour tortillas, warmed in oven

Method

Place beef in ziplock bag and add marinade ingredients. Shake well to coat beef. Marinate for 30 minutes to 2 hours. Discard marinade, pat meat dry and season to taste.

Combine salsa ingredients in a small bowl and set aside. Heat oil in pan and cook beef on medium high for 3-4 minutes each side for medium rare or until springy to the touch. Transfer to a board and let stand 5-10 minutes. Slice thinly against the grain. While beef is resting, heat remaining oil in skillet or non-stick pan on high heat and stir-fry peppers and onion until soft and slightly caramelized, about 4-5 minutes.

Add beef and toss just to heat through. Fill warm tortillas with beef and vegetables and serve with salsa, lime and cilantro. Accompany with a bottle of Mexican beer! Add lime wedges and extra cilantro.

Aussie beef Vietnamese-style meatball sandwich



Serves
4



Cook time
10min



Preparation time
40min

Ingredients

- 1-pound Australian ground beef
- 2 cloves garlic, crushed
- 1 tablespoon Sriracha sauce
- 1 bunch cilantro, leaves and stems finely chopped
- 1 tablespoon sunflower oil
- 1 carrot, peeled lengthwise into ribbons
- 1 tablespoon white vinegar
- ½ teaspoon salt
- 1 cucumber, sliced lengthwise into long batons
- 2 Roma tomatoes, sliced
- 4 sandwich rolls
- Cilantro sprigs to serve
- Sriracha sauce to serve

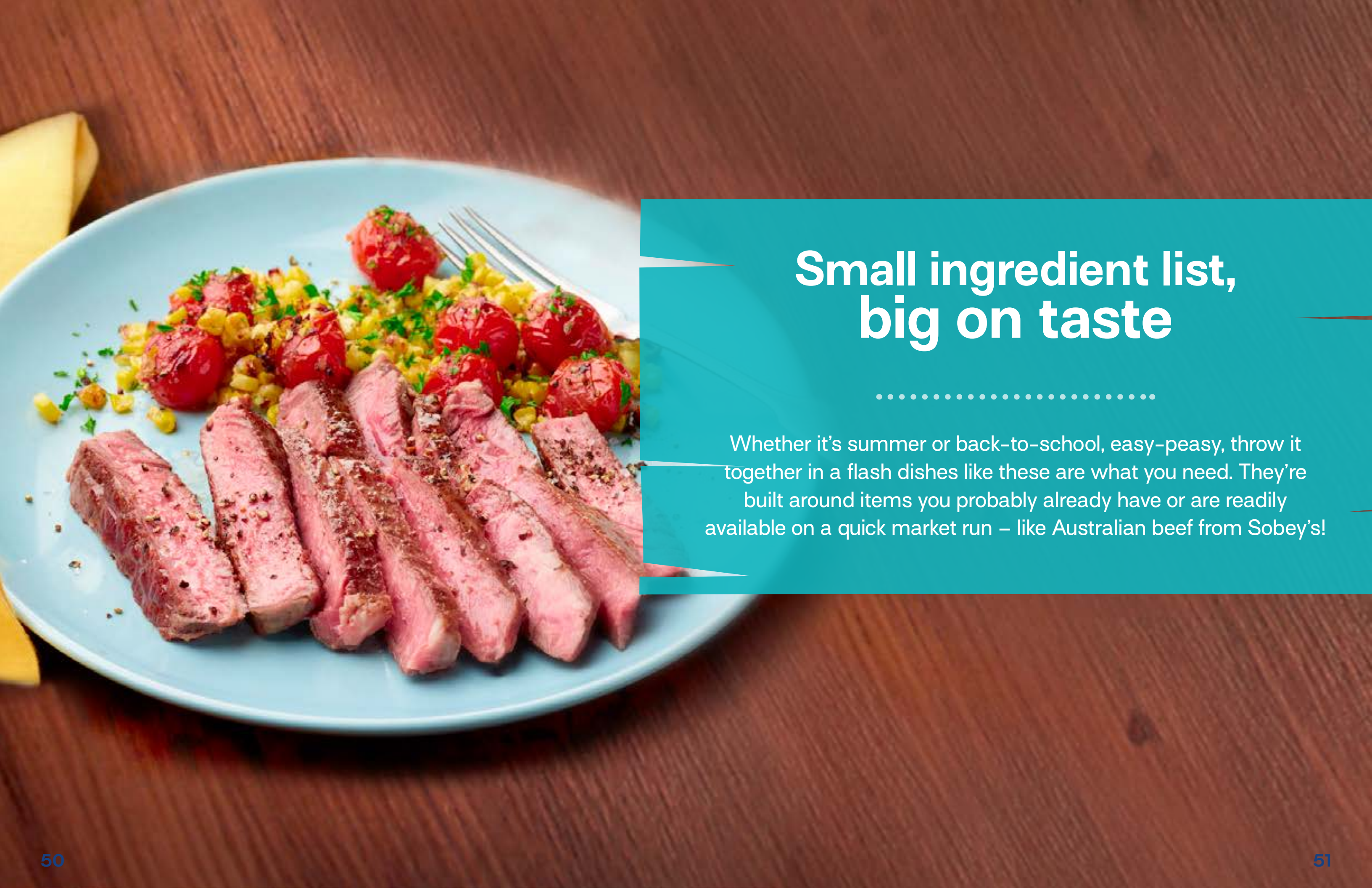
Method

Place ground beef, garlic, Sriracha and cilantro leaves and stems in a large bowl with ½ teaspoon salt and mix to combine, using clean hands. Roll a heaped tablespoon of mixture into a meatball. Repeat to make 16 meatballs. Place 3–4 meatballs per skewer, brush with oil and cook on a grill, grill pan or large nonstick fry-pan over medium heat until cooked through.

To pickle carrot, place carrot ribbons in a bowl with vinegar and salt and toss to combine, leave to pickle for 10 minutes, then drain.

To serve: Place a little salad and cilantro in each roll, top with meatballs and drizzle with sauce.

We love a meatball sub, but this Vietnamese-inspired version is on a whole other level. Use a french roll and Aussie beef, and the quick-pickled veggies add the perfect balance.



Small ingredient list, big on taste

.....

Whether it's summer or back-to-school, easy-peasy, throw it together in a flash dishes like these are what you need. They're built around items you probably already have or are readily available on a quick market run – like Australian beef from Sobeys!

Beef Bolognese (Base recipe)



Serves
4



Cook time
30min



Preparation time
5min

Ingredients

- 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

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.

Season to taste and stir in basil leaves.

Chef Notes

Check out the below recipes to see how you can turn leftovers into different dishes:

Mexican beef with rice and chickpeas, page 56

Vegetable and Bolognese beef stacker, page 52

A good Bolognese is so much more than just a pasta sauce. The classic savory combination of lean, high-quality protein, veggies and tomato is a foundation for all sorts of meals to keep the weeknights fresh and new.



WATCH
how to make
this recipe

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

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



Serves
4



Cook time
10min



Preparation time
30min

Ingredients

- Four 6 ounce Australian flat iron steaks or your favorite steak cut
- 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.



Serves
4



Cook time
5min



Preparation time
5min

Ingredients

- 1 ¼ pounds cooked beef Bolognese sauce (*see page 52 for Bolognese base recipe*)
- 1 large avocado, thinly sliced
- 2 cups cooked basmati rice
- 1 (14 ounce) can black beans, rinsed, drained
- 2 Tablespoons reduced sodium taco seasoning
- To serve:** Cilantro and lime wedges
- 1 cup cherry tomatoes, quartered

Method

Spray a large non-stick skillet with olive oil and heat over medium-high heat.

Add beef bolognese, taco seasoning and black beans. Cook for 3–4 minutes or until heated through.

Divide rice between plates and top with Mexican beef, tomatoes and avocado.

Garnish with cilantro and lime wedges, to serve.

Mexican style beef with rice and black beans

With a bit of taco seasoning flavor magic, last night's beef bolognese gets a new life for a Mexican-themed dinner, served up as a bowl, burritos or tacos.



Cast iron 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 beef and has created this delicious meal to taste just like summer on a plate.




Serves
1


Cook time
10min


Preparation time
10min

Ingredients

- 10 ounce Australian 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!

Szechuan beef lettuce wraps with Australian beef



Serves
4



Cook time
10min



Preparation time
5min

Ingredients

- Canola oil
- 1 ½ lb Australian ribeye steak, cut into ¼-inch strips
- 2 large red chilies, finely sliced
- 1 tablespoon ginger, grated
- 3 garlic cloves, finely chopped
- 2 tablespoons hoisin sauce
- ½ teaspoon Szechuan pepper
- 1 ½ teaspoon kosher salt
- 1 cup green onions, finely sliced
- 1 large head iceberg lettuce, leaves separated

Method

Heat ¼ cup canola oil in a large wok over medium-high heat. Add half of the Australian beef and cook, stirring quickly for 1 minute. With a slotted spoon, transfer beef to a plate. Drain excess fat and set aside. Repeat with the remaining half of the beef.

Wipe the wok clean and heat 2 tablespoon canola oil over medium heat. Add the chilies, ginger, and garlic, and stir-fry for 30 seconds. Return the beef to the wok and stir in hoisin sauce. Stir-fry for 30 seconds. Add Szechuan pepper and salt and stir-fry for an additional 30 seconds. Finally, add green onions and stir through to combine.

Serve Australian beef by spooning over lettuce leaves. Garnish with additional Szechuan pepper and salt if desired.

Taking less than 15 minutes to prepare, these spicy and oh-so-delicious lettuce wraps come together in a flash! They're made with sustainably raised Australian ribeye, for high-quality protein you can feel good about.



WATCH
how to make
this recipe


Sumac beef stir-fry

Combining stir-fry technique with heaps of fresh veggies, Aussie beef and your new favorite spice, the delightfully tart, citrusy sumac is an #Aussome way to spice up any weeknight.




Serves
4


Cook time
10min


Preparation time
15min

Ingredients

- Two 8-ounce Australian beef sirloin steaks, fat trimmed
- 1 red onion, thinly sliced
- 1 bunch asparagus, trimmed, cut into thirds
- 1 bunch broccolini, trimmed, cut into thirds
- 1 bunch baby carrots, trimmed, peeled, large carrots halved lengthways
- 4 ounces Brussel Sprouts, quartered
- 4 ounces yellow squash, cut into wedges
- 3 cups baby spinach leaves
- ½ cup quinoa, rinsed
- 1 teaspoon sumac
- 2 Tablespoons extra virgin olive oil / spray
- Juice of 1 lemon
- To serve:** Parsley leaves, roasted almonds (chopped), red chili (sliced), lemon wedges

Method

Cook quinoa according to packet instructions. Drain and set aside.

Meanwhile, place steaks, sumac and half the oil in a medium bowl. Season and rub to coat well. Heat a large frying pan over medium-high heat and cook beef for 3-4 minutes each side or until cooked to your liking. Set aside on a plate loosely covered with foil for 5 minutes to rest. Thinly slice.

Spray same frying pan with olive oil and reheat over medium-high heat. Add onion and stir fry for 2 minutes. Add asparagus, broccolini, carrots, Brussels sprouts and squash and stir fry for 2-3 minutes or until vegetables are just tender. Remove from heat, add quinoa, baby spinach and sliced beef to pan. Drizzle with lemon juice and remaining oil, season and toss to coat.

Serve with parsley, almonds, chili and lemon wedges.

Chef Notes

Get creative with different flavors. Try lemon, pepper, Chinese 5 spice, Cajun or taco seasoning. Swap quinoa for lentils, couscous, rice or beans.

Mustard-glazed Aussie beef with peach and arugula bruschetta



Serves
10



Cook time
30 min



Preparation time
15 min

Ingredients

- 1½ pounds Australian beef tenderloin
- 4 tablespoons Dijon mustard, ground
- 2 tablespoons brown sugar
- 1 tablespoon fresh thyme, chopped
- ½ tablespoon shallots, chopped
- 1 tablespoon honey
- Salt and pepper
- ½-pound arugula
- 2 large yellow peaches
- 1 whole French baguette (or your preference), sliced
- 4 tablespoons olive oil

Method

Preheat oven to 350°.




Remove silver skin on tenderloin. Season with salt and pepper. Add oil to a sauté pan and preheat to medium. Sear beef tenderloin, rotate every minute until golden brown all the way around. Place in oven for 10 min or until desired temperature is reached. In a small saucepan over medium heat, drizzle olive oil and sauté shallots for 30 seconds. Add mustard, brown sugar, honey, thyme, salt and pepper. Mix until brown sugar is dissolved. Remove from heat. Take tenderloin out of oven and let it rest for 5–10 minutes, brushing tenderloin with glaze (reserve 2 tablespoons). Slice baguette bread into ½”–1” slices. Cut peaches into halves. Coat a small sauté pan with olive oil and heat to medium high. Place peaches cut-side down and bread slices inside pan. Sauté until peaches are golden brown and bread slices are crispy outside and soft in the center. Remove from heat.

To serve: Slice halved peaches into wedges. Place a peach wedge on top of bread slice, place a small bunch of arugula on top, add salt and pepper to taste. Slice tenderloin into a thin slice and place on top of arugula. Drizzle with mustard glaze.

In-season peaches get a flavor boost on the stove, paired with peppery arugula and thinly-sliced, seared Aussie beef... all atop a crunchy toast.



WATCH
how this dish
is made

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