

# A GUIDE TO LEAN CUTS

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

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

Lean cuts tend to have less calories than untrimmed cuts.

## CUTS THAT NEED **LITTLE TO NO TRIMMING**



### OTHER EXAMPLES

#### BEEF CUTS

- Flank
- Bottom Round
- Sirloin/Round
- Tenderloin

#### LAMB CUTS

- Eye of loin

## CUTS THAT NEED A **LITTLE TRIMMING**



### OTHER EXAMPLES

#### BEEF CUTS

- Sirloin
- Flat Iron

#### LAMB CUTS

- lamb rump or top sirloin
- Leg steak
- Shoulder chop

## CUTS THAT NEED **MORE TRIMMING**



### OTHER EXAMPLES

For slow cook cuts, such as brisket, shoulder and leg, skim fat once cooled.

## COOKING TIPS



### FOR THE **PERFECT STEAK**

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



### FOR A PERFECT **POT ROAST**

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

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Healthy meals by cut >

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