

.....

EAT BETTER. FEEL BETTER.

Get **#backtopool**
with True Aussie Grassfed Beef.



Find us on

  @aussiebeeflamb

#backtopool

AUSSOME

SUMMER RECIPES

.....

<u>Grilled Aussie flat iron steaks with anchovy and thyme butter</u>	3
<u>Cajun-seared grassfed flank steaks with spiced chimchurri sauce</u>	4
<u>Orange-mustard barbecue steaks</u>	5
<u>Grassfed bowl-ito with cilantro rice</u>	6
<u>OH MY Australian grassfed burger</u>	7
<u>Goat-cheese stuffed Aussie grassfed beef burgers with fig jam and fresh spinach</u>	8
<u>Tikka masala burger</u>	9
<u>Grilled Aussie flat iron steak with tomato olive and oregano salad</u>	10
<u>Texas Aussie flank steak salad</u>	11
<u>American fiesta Aussie skirt steak</u>	12
<u>Aussie sirloin, quinoa and pistachio salad</u>	13
<u>Aussie beef sirloin steak, zucchini, sweet potato and arugula salad</u>	14
<u>Sweet and sour Thai grassfed beef salad</u>	15
<u>Vietnamese grilled Aussie beef salad</u>	16
<u>Cypriot-style Aussie beef and haloumi kebabs</u>	17
<u>Korean Aussie beef lettuce cups with kimchi</u>	18
<u>Grassfed beef barbacoa tacos</u>	19



.....
Replace potatoes
with roasted
vegetables.
.....

Grilled Aussie flat iron steaks with anchovy and thyme butter

A little bit goes a long way — especially when we're talking about a compound butter of anchovy and thyme to amp up the flavors of a simple grilled grassfed steak.

Ingredients

Serves 4

For the steak:

- Four 6 ounce Aussie grassfed flat iron steaks or your favorite steak cut
- Pepper

For the butter:

- 2 teaspoons olive oil
- 2 tablespoons butter, softened
- 4 anchovies in oil, finely chopped
- 1 teaspoon fresh thyme leaves, chopped
- 1 lemon, zested and grated

Method

To cook: Preheat a ridged chargrill or barbeque over moderately high heat. Season the steaks with pepper (the anchovies are salty enough) 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 butter: Use a spatula to mix the butter with the remaining ingredients and stir until smooth and combined.

To serve: Thinly slice the steaks and top with the butter. Serve with roasted potatoes, arugula salad and lemon wedges.



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



Low sugar,
low carb.



Cajun-seared grassfed flank steaks with spiced chimichurri sauce

Naturally lean, clean and green True Aussie grassfed beef really shines in highly seasoned dishes like this one. Let the cajun seasoning lead the way, and *lessez les bon temps roulez!*

Ingredients

Serves 4

- 1 large Aussie grassfed flank steak
- ½ cup “A Cajun Life” Blackening Spice Rub
- 1 ½ cups of extra-virgin olive oil
- 1 bunch parsley
- 1 bunch cilantro
- 2 jalapenos
- 1-2 lemons & 1-2 limes (depending on how acidic you want the chimichurri)
- 6 garlic cloves
- 4 shallots
- Salt and pepper to taste
- 2 teaspoons red pepper flakes
- 1 teaspoon oregano
- 2 tablespoons honey

Method

For the flank steak: Rub extra virgin olive oil on steak to lightly coat, then season heavily with Blackening Spice rub, and let sit for 30 minutes to “marinate” while making chimichurri.

For the chimichurri: Chop up vegetables and place in a bowl. Add liquids and lightly stir. Zest and juice both the lemons & limes and stir chimichurri again. Add in the spices and dry herbs and mix thoroughly. Refrigerate until ready to serve steak.

To cook: When chimichurri is finished and cooled, cook the steak to medium-rare, and let rest 5-10 minutes before slicing and serving.

To serve: Garnish with chimichurri and torn leaves of parsley. Add salt & pepper to taste.



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



Low carb.



Orange-mustard barbecue steaks

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

Ingredients

Serves 4

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

Method

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

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

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

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

TIPS

Ensure the chargrill or barbeque is hot before you cook. Make it hot enough to sizzle the steak as it makes contact.

Best beef steaks for barbecuing: tenderloin, rib eye, sirloin/porterhouse/New York, T-bone.



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



.....
Replace rice with
roasted cauliflower.
.....



Grassfed bowl-ito with cilantro rice

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

Ingredients

Serves 4

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

Method

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

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

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



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



Use keto friendly
condiments &
ditch the bun.



"OH MY" Australian grassfed burger

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

Ingredients

For the bun and burger:

- 2½ pounds Aussie grassfed ground beef
- 2 medium garlic cloves, grated
- 1 tablespoon Worcestershire Sauce
- 1 tablespoon Montreal steak seasoning salt and pepper, or to taste
- 7 Brioche hamburger buns

 Serves 4

Garnish as needed with:

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

Method

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

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



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)

.....

Increase the balsamic vinegar and decrease sugar for a lower-sugar fig jam.

.....



Goat cheese stuffed Aussie grassfed beef burgers with fig jam and fresh spinach

High-quality, lean protein from Aussie grassfed beef gets a sweet-savory lift from fig jam and goat cheese. Add some spinach and a whole wheat bun, and you've got a tasty, good-for-you meal.

.....

Ingredients

For the burger:

- 1½ pounds Aussie grassfed ground beef
- Kosher salt
- Fresh cracked pepper
- 8 tablespoons goat cheese, crumbled
- 4 tablespoons fig jam
- 2 cups fresh baby spinach
- 2 tablespoons balsamic vinaigrette
- 4 whole wheat buns
- 4 tablespoons olive oil

 Serves 4

For the fig jam:

- 6 ounces (about 22 whole) dried mission figs, stems removed and chopped into small pieces
- 1 cup sugar
- 1 cup water
- Juice from one lemon (about 3 tablespoons)
- ½ teaspoon balsamic vinegar

Method

For the burger: Lightly mix the beef with kosher salt and fresh cracked pepper. Divide into 6 ounce portions and slice each in half, then flatten. Place 1 tablespoon goat cheese in the center of one half and place the second half on top. Gently form into a patty and seal. Brush the inside of the buns with olive oil and grill. Cook the burgers to medium rare. Dress the spinach in balsamic vinaigrette.

For the fig jam: In a medium saucepan, combine figs, sugar, water and lemon juice, and bring to a boil. Reduce heat and simmer for about 7 minutes, until the liquid thickens. Remove from heat and stir in the balsamic vinegar. Let mixture cool (at least 10 minutes). Transfer to a food processor and puree until smooth.

To assemble: Place spinach on the bottom bun and top with burger. Spread fig jam on burger. Crumble on 1 tablespoon of goat cheese and add top bun.



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



Replace the bun
with leafy lettuce.



Tikka masala burger

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

Ingredients

Portion size: 1 burger

Tikka masala burger:

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

Dill-lemon yogurt:

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

Serves 4

Garnish:

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

Method

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

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

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



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



Gluten-free

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

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

Ingredients

Serves 4

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

For the salad:

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

Method

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

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

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

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



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



Remove sugar,
tomatoes and
potatoes.

Gluten-free



Texas-style Aussie flank steak salad

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

Ingredients

Steak and marinade:

- 1 3/4 lbs. Aussie grassfed beef flank
- 1 lime, zested and juiced
- 2 tablespoons extra virgin olive oil
- 2 tablespoons smoky paprika
- 2 tablespoons brown sugar
- 1/4 teaspoon sea salt
- 1/4 freshly ground pepper

Salad:

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

Serves 4

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 cook, turning frequently for 15-20 minutes or until tender, remove and cover in foil, set aside.

To cook: Remove meat from marinade, discarding marinade. Cook 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.



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.



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



Use apple cider vinegar & remove beans.

"Fiesta" Aussie skirt steak salad

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

*Rocket is what we call arugula Down Under

Ingredients

For the marinade:

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

For the steak:

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

Serves 4

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

To serve:

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

Method

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

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

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

Chef Notes

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



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



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

Gluten-free

Watch how to cut steak for best results

Aussie sirloin, quinoa and pistachio salad

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

Ingredients

Serves 4

Alternate cuts: rump steak

- 1½ pounds Aussie grassfed sirloin steak, trimmed
- 2 teaspoons smoky barbecue seasoning
- 2 cups quinoa, cooked
- ½ cup mint leaves
- 1 cup flat-leaf parsley leaves
- 2 tablespoons pistachios, roughly chopped
- 1½ tablespoons lemon juice
- 1 lemon, zested
- 2 tablespoons olive oil
- Dressed watercress to serve

Method

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

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

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

Chef Notes



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



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



Remove cheese for paleo or sweet potato for keto.

Gluten-free



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

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

Ingredients

For the steak:

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

For the salad:

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

For garnish:

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

Method

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

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

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

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



Chef Notes

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



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



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



Sweet and sour Thai grassfed beef salad

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

Ingredients

Serves 4

Sweet and sour vinaigrette:

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

Salad:

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

Method

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

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

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

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



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



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



Watch how to make this dish



Vietnamese grilled Aussie beef salad

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

Ingredients

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

Serves 4

For the dressing:

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

Method

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

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

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

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



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



.....
Replace rice salad
with your favorite
roasted vegetables.
.....

Watch how to
make this
dish

Cypriot-style Aussie beef and haloumi kebabs

Cyprus, the inspiration for this dish, is quintessential Mediterranean. Crowd favorite kebabs join up with a healthy grain and lentil salad you can feel good about, too.

Ingredients

Serves 4

For beef skewers:

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

For dressing:

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

For the salad:

- ½ cup brown rice
- ½ cup canned lentils, rinsed and drained
- 1 tablespoon red wine vinegar
- 1 cup peppers, finely diced
- 2 stalks celery, sliced
- ¼ cup raisins

Method

For the skewers: Cut beef, haloumi and peppers into 3-cm pieces and thread onto skewers with mushrooms. Reserve 1 cup finely diced capsicum for the salad. Brush skewers lightly with oil and set aside.

For the salad: Place brown rice in a small saucepan and add 4 cups of water. Bring to a boil and then reduce to a simmer. Cook rice for 25 minutes. Drain and place in a bowl. Finely zest and juice one orange into a bowl and combine with oil, salt and pepper, and half the mint leaves, finely chopped. Whisk to combine the dressing and pour half of it over rice and lentils with the vinegar. Reserve other half for brushing the skewers. Top rice mixture with peppers, celery, raisins and remaining mint leaves. Segment the remaining orange into the bowl and toss to combine.

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

To serve: Serve with rice and lentil salad.



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



Remove sugar.

Korean Aussie beef lettuce cups with kimchi

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

Ingredients

Serves 4

For the beef:

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

For the lettuce cups:

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

Method

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

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

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

Chef Notes



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



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)



Remove sugar from rub and replace tortillas with lettuce wraps.

Grassfed beef barbacoa tacos

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

Ingredients

All-purpose BBQ rub:

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

Tacos:

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

Serves 4

- 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.



FIND

where to buy Aussie beef and lamb near you

[Back to contents page](#)

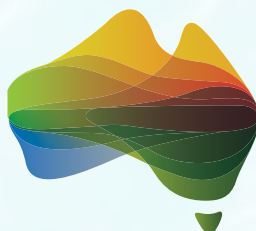
#backtopool



/aussiebeeflamb



For grassfed beef recipes, tips
and more go to
www.backtopoolparty.com



**TRUE
AUSSIE[®]
BEEF**