



EAT BETTER. FEEL BETTER.

AUSTRALIAN GRASSFED BEEF

.....
#askforAustralian
.....

Lean, clean
and nutritious
high-quality
protein

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EAT BETTER. FEEL BETTER.

WITH AUSTRALIAN GRASSFED BEEF

If (like us) you've been tucking into the comfort food on a daily basis for the last bit, 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 grassfed beef from Down Under. Here are some ideas to try, and the reasons why.

This Vietnamese Grassfed 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.

Tips for cooking grassfed beef

- ✓ Bring to room temperature before cooking to keep from drying out.
- ✓ Because of its leanness, it cooks up to 30% faster than grained beef.
- ✓ 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 lean 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

Good for the Planet



-68%

Decreased water use by 68% in the last 30 years



-51.5%

Reduced greenhouse gas emissions by 51.5% since 2005



0%

Committed to be Carbon Neutral by 2030

High in Protein, Low in Calories

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

3 cups quinoa (25 grams) 666 calories



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

www.trueaussiebeefandlamb.com/summer



FIND

where to buy Australian grassfed beef near you

AUSSOME SUMMER RECIPES



GRILLING GREATER WITH GRASSFED BEEF FROM AUSTRALIA

Grilled Aussie beef sirloin steak, zucchini, sweet potato and arugula salad	5
Texas Aussie flank steak salad	6
Vietnamese grilled Aussie beef salad	7
Tikka masala burger with Aussie beef	8
Soy-marinated grilled Aussie grassfed tri-tip	9
Cypriot-style Aussie beef and haloumi kebabs	10

HEALTHY SWAPS WITH AUSTRALIAN GRASSFED BEEF

Aussie grassfed beef bowl-ito with cilantro rice	12
Carb-free Aussie grassfed beef lasagna	13
Aussie beef sirloin with almond mojo sauce	14
Shaved Aussie grassfed beef ramen	15
Aussie beef arugula and parmesan pizza with mint oil	16
Aussie grassfed beef taco soup	17

HANDHELDS & PICNIC FARE

Char-grilled Aussie beef sirloin po'boy rolls with chili sauce	19
Aussie beef satay skewers with papaya relish	20
Aussie grassfed beef barbacoa tacos	21
The Aussie grassfed beef "better burger"	22
Aussie beef and pepper fajitas with avocado	23
Aussie grassfed beef Vietnamese-style meatball sandwich	24

SMALL INGREDIENT LIST, BIG ON TASTE

Grilled Aussie flat iron steak with tomato, olive and oregano salad	26
Maple-onion glazed Aussie grassfed beef tenderloin	27
Cast iron Australian grassfed ribeye with burst tomatoes and roasted corn sauce	28
Korean Aussie beef lettuce cups with kimchi	29
Sweet and sour Thai Aussie grassfed beef salad	30
Mustard-glazed Aussie grassfed beef with peach and arugula bruschetta	31



GRILLING GREATER WITH GRASSFED BEEF FROM AUSTRALIA

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One of the best parts of summer is cooking outside – especially this summer, when we can start to see more of our family and friends again! Grassfed beef from Australia – the sustainable source for grassfed beef - ups the ante on a go-to favorite, from burgers and steaks to skewers and tri-tips. Grassfed beef cooks more quickly than conventional beef, and the clean, natural flavor tastes even better when you know you and your family are enjoying high-quality beef that’s better for you and better for the environment.





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:

- Four 6 ounce Australian 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



- 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. Or for a fail safe way to work out how long to cook your steak - [head to our Steak Mate tool](#).
- 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 Australian grassfed beef 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

 Serves 4

Steak and marinade:

- 1½ - 2 pounds Australian grassfed 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.



FIND

where to buy Australian grassfed beef 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

Serves 4

- Four 6 - 8 ounces Australian 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

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 Australian grassfed beef near you

[Back to contents page](#)



Replace the bun with leafy lettuce.



Watch how to grill a grassfed beef burger

Tikka masala burger with Aussie beef

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 Australian 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 Australian grassfed beef near you

[Back to contents page](#)



Replace soy sauce with coconut aminos



Soy-marinated grilled Aussie grassfed tri-tip

Aussie grassfed 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.

Ingredients

Portion size: 4 oz. beef

- 1 - 2 pounds Australian grassfed beef tri tip
- 2 teaspoons Soy sauce, plus extra for garnish
- 1 teaspoon Granulated garlic
- 1 teaspoon Black pepper

Serves 8

- 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.



FIND

where to buy Australian grassfed beef 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

For beef skewers:

- 1½ - 2 pounds Australian 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

Serves 4

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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



HEALTHY SWAPS WITH AUSTRALIAN GRASSFED BEEF

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



Replace rice with
roasted cauliflower.



Aussie grassfed beef 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

- 1 pound Australian grassfed beef top round, diced (no larger than ½ x ½ inch)
- 2 tablespoons vegetable oil
- 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 Australian grassfed beef near you

[Back to contents page](#)



Low carb.



Watch how to
make this
dish

Carb-free Aussie grassfed 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.

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

Serves 4

Filling:

- 1 pound Australian grassfed 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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



.....
Substitute mango
with red onion or half
amount for keto.
.....

Learn how to
make this
dish

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 grassfed beef.

Ingredients



Serves 4

- Four 6 - 8 ounce Australian grassfed 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 ½ 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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



Watch how to
make this
dish

Click for
Instant Pot
Method

Shaved grassfed 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.

Ingredients

 Serves 8

- 2 pounds 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
- 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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



Aussie beef, arugula, and Parmesan pizza with mint oil

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

Ingredients

 Serves 4

- ½ pound Australian grassfed 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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



Watch how to
make this
dish



Grassfed Aussie beef taco soup

Lindsay O'Neill, culinary medicine chef and wellness coach, cooks up a simple and quick, one-pot meal using lean Australian grassfed beef with lots of veggies and tons of flavor for the ultimate in healthy comfort food.

Ingredients

- 1 pound Australian grassfed ground beef
- 15 ounce can of black beans, drained
- ½ Vidalia onion, chopped
- 1 quart carton of vegetable broth
- 3 cloves garlic, minced
- 3 cups water
- 4 tablespoons taco seasoning
- 1 teaspoon olive oil
- 1 cup frozen corn
- 1 cup mixed veggies, chopped
- 1 handful of cilantro, chopped
- 8 ounce can of tomato paste



Serves 8

Method

Heat a large soup pot over medium heat. Add 1 teaspoon of olive oil, then onion. Stir onion until starting to brown, then add garlic and turn off heat.

Crumble the beef into the onion and garlic mixture and use silicone or plastic spoon to break down meat. Cook on medium heat until all of the meat is brown, not burnt. Turn off heat.

Mix in tomato paste and all 4 tablespoons of taco seasoning into meat, then pour in vegetable broth and water. Heat on medium/high heat until it begins to boil, then turn down to simmer/low heat.

Add frozen corn and mixed veggies and stir. Add drained beans and stir.

Serve hot and top with fresh chopped cilantro.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



HANDHELDS & PICNIC FARE

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; and giving them a “good for you, good for the planet” upgrade with sustainably raised Australian grassfed beef is as simple as a trip to your local market.



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

A great sandwich is built from few great ingredients - Aussie grassfed 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!

Ingredients

Alternate cuts: Flank, sirloin or flat iron steak

- 1 - 1 1/2 pounds trimmed Australian grassfed 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

 Serves 4

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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



Aussie beef satay skewers with papaya relish

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

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

 Serves 10

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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



Remove sugar from rub and replace tortillas with lettuce wraps.

Learn how to make this dish

Aussie 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 (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 grassfed skirt steak, trimmed
- 1 orange, zested and juiced

Serves 4

- 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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)

Learn how to
grill a better
burger



The Aussie grassfed beef “better burger”

Here's an indulgence you can feel good about - with grassfed beef and a flavorful yogurt-mustard spread, this burger is big on flavor but not the calories!

Ingredients

- 1-pound Australian grassfed 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

 Serves 4

- 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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



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 grassfed beef!

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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



Aussie grassfed beef Vietnamese-style meatball sandwich

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

Ingredients

- 1-pound Australian grassfed 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

 Serves 4

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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)

SMALL INGREDIENT LIST, BIG ON TASTE

It's summer, so there is no regular work-school routine for weekly meal plans. That calls for easy-peasy, throw it together in a flash dishes like these. They're built around items you probably already have or are readily available on a quick market run – like Australian grassfed beef. Australia is the sustainable source for grassfed beef, and widely available in markets near you.





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 Australian grassfed 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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



Maple-onion glazed Aussie grassfed beef tenderloin

Chef Thomas Horner marinates and bastes grassfed Aussie beef with a maple-onion glaze. The sugars caramelize to make a flavorful crust while the meat grills. Serve this with oil-roasted potatoes on the side.

Ingredients

 Serves 8

Alternate cut: Strip steak

- One whole Australian grassfed beef tenderloin (1-2 pounds) or 8 x 6 ounce tenderloin steaks
- 1 bunch fresh thyme leaves, chopped
- 1 bunch fresh basil leaves, chopped
- 1 large sweet onion, finely chopped
- ½ cup olive oil
- ¼ cup maple syrup
- Salt and pepper to taste

Method

In a large bowl or zip-lock bag, blend the thyme, basil, onion, maple syrup and olive oil; season with salt and pepper. Remove half to a smaller bowl.

Add the tenderloin to the remaining half of the mixture and marinate it for 30 minutes. Preheat a grill to medium heat. Grill the tenderloin, basting it with the reserved onion mixture, for 25 to 30 minutes, turning it 4 or 5 times.

Remove the tenderloin from the grill to rest for 10 minutes before carving it into slices.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



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

Ingredients



Serves 2

- 10 ounce Australian grassfed 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!



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)



Remove sugar.

Learn how to
make this
dish

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 Australian 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 Australian grassfed beef near you

[Back to contents page](#)



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



Sweet and sour Thai Aussie 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 Australian 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 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 Australian grassfed beef near you

[Back to contents page](#)



Watch
how this
dish is made

Mustard-glazed Aussie grassfed beef with peach and arugula bruschetta

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

Ingredients

- 1½ pounds Australian grassfed 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

Serves 10

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.



FIND

where to buy Australian grassfed beef near you

[Back to contents page](#)

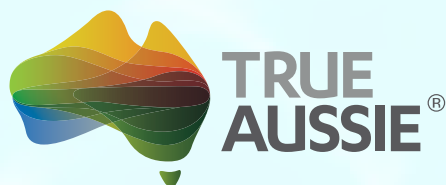
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