

free

Be inspired with beef and lamb

meat

Issue 26 Summer

Summer Social

OUR ULTIMATE
BBQ RECIPES

SNEAK PEEK

Kathy Paterson's
new cookbook
Meat & Three



TASTY RECIPES
PERFECT FOR THE
SOCIAL SEASON

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meat & three

Recipes by
Kathy Paterson

Photographs
by Tam West

Food writer and author Kathy Paterson has been delighting readers of mEAT Magazine with her delicious recipes for years, she's a regular contributor to Bite Magazine and is a passionate foodie with a remarkable CV of experience. Here Kathy talks about her latest project, *Meat & Three*, a beautifully crafted recipe book and encyclopedia of cooking with beef and lamb.

Meat & Three is a celebration of our farmers, growers and producers. It's about real food that comes from a quality environment and values a sense of community over convenience. Real food that allows us to balance nourishment and the pleasure of eating.

For me, it's about going back to look forward. Just eat premium quality New Zealand beef and lamb in smaller quantities at each meal with more fresh vegetables; ensure less waste by using recipes from the *Leftovers and More* section and, most of all, eat seasonally and eat locally.

I saw an opportunity to create a book that not only included recipes but shone a light back on some of our historically significant farms. The book looks at how, over the years, the farms have adapted to keep pace and go beyond. I grew up on a sheep and beef farm, so it's a subject I am knowledgeable on and it really sparks my interest.

My collaborator and great friend Tam West - whose wonderful food photography is featured in this mEAT Magazine - is responsible for the incredible images throughout the book.

If you turn over to page 4 of this magazine, I have chosen a recipe from the book I think you will love. It's perfect if you've got friends coming around for a long, summery Sunday lunch.

BE IN
TO WIN

see back page
for details



Meat & Three, RRP\$49.99, is available from booksellers nationwide and online at kathypaterson.co.nz



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Summer is almost here, and we're ready – are you? Long, sunny days topped off with family dinners alfresco-style and steaks on the barbie. Can you think of anything more Kiwi? Our summer also marks the start of the festive season which means celebrations, social gatherings and the need for something a little more special. In this issue we've included recipes to inspire you for all these occasions.

These eight summer recipes use flavours reflective of the fresh seasonal produce. If you're after something quick, then check out the Beef Skewers with Asian Slaw on page 6. Ready in under 30 minutes, this recipe uses beef rump threaded with kaffir lime, mint and coriander leaves for a perfectly fresh taste.

We have included two recipes that use mince - a popular favourite. The Spicy Sausage Rolls on page 7 are taken to the next level with a delicious homemade satay sauce. We know the kids will love them, plus they're pretty fun to make too. Our Beef Burger Pita's on page 14 are not just your average burger - this version is created with a simple mince patty, topped with a refreshing mix of mint, yoghurt and a crumble of blue cheese for added flavour.

For the special occasions you can't go past our colourful Barbecued Eye Fillet with Carrots, Eggplant & Israeli Couscous Salad on page 9. Also featured is an exclusive recipe from the wonderful foodwriter and author, Kathy Paterson and her new cookbook *Meat & Three*. Her Summer Leg of Lamb & Roasted Stuffed Tomatoes with Butter Beans tastes as good as it looks.

Summer is known as the 'social season' and for good reason. We hope you enjoy this issue of mEAT magazine and have a fabulous sunny season.

The team at Beef + Lamb New Zealand

BEEF + LAMB
NEW ZEALAND

Summer Leg of Lamb & Roasted Stuffed Tomatoes with Butter Beans

SERVES 8 PREPARATION TIME 45 MINS COOKING TIME 60 MINS

Lamb

1.5kg Quality Mark leg of lamb,
boned but with shank intact, at
room temperature
3–4 sprigs of thyme
2–3 sprigs of rosemary
sea salt and black pepper
2 tablespoons olive oil

Stuffed tomatoes

8 medium-sized ripe but still firm
tomatoes
2 tablespoons olive oil
1 onion, peeled and finely
chopped
1 clove garlic, peeled and finely
chopped
70g fresh breadcrumbs (about
1¼ cups)
a handful of flat-leaf parsley
leaves, finely chopped
1 red capsicum, roasted, skinned,
flesh cut into small pieces
sea salt and black pepper
80g soft goat's cheese

Lamb gravy

2 tablespoons plain flour
a splash of red or white wine
500ml lamb or vegetable stock
cooking water
sea salt and black pepper

To serve

800g butter beans, steamed

Here the leg of lamb has been tunnel boned, but the shank has been left intact. Often referred to as a 'carvery cut', this makes for easy carving once cooked. Baked tomatoes are really delicious and possibly underrated. If you are short on a colourful vegetable to have for dinner, pop these in the oven.

Preheat the oven to 230°C.

Lamb: Place the herbs in the lamb cavity left from removing the bone, then tie with about 3 pieces of kitchen string at even intervals to hold the lamb in shape. Place in a roasting tin, season with salt and freshly ground black pepper and drizzle with olive oil.

Place in the oven and roast for 20 minutes. Lower the temperature to 200°C and roast for a further 40 minutes for lamb that is still a little pink in the centre.

Stuffed tomatoes: Line a shallow roasting tin with baking paper.

Using a sharp knife, cut about 1cm off the bottom of each tomato, so they will sit flat. Dice the cut tomato ends and set aside. Use a teaspoon to remove the seeds and most of the flesh from the inside of each tomato. The flesh can be roughly diced and set aside. Place the hollowed-out tomatoes in the roasting tin.

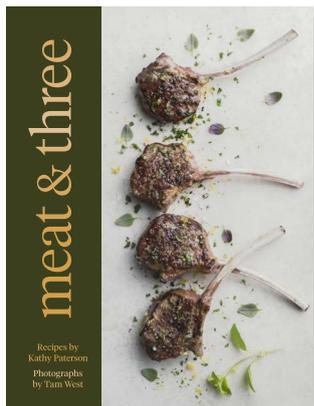
Place the oil in a small frying pan and heat over low heat. Add the onion and garlic and cook gently until the onion begins to soften — about 5 minutes. Remove from the heat and place in a bowl with the breadcrumbs, chopped parsley, reserved diced tomato and roasted capsicum. Season and mix to combine.

Divide the goat's cheese and place a piece in the base of each tomato. Fill with the breadcrumb mixture, mounding the top. Place in the oven with the lamb and cook for 20–30 minutes until the tomatoes are tender but not collapsing. Remove from the oven and keep warm.

Lamb gravy: Remove the lamb from the oven and place on a warmed meat platter. Cover loosely with foil and a clean tea towel and leave to rest while you make the gravy.

Pour off the fat from the roasting tin, leaving about 2 tablespoons. Add the flour and place the roasting tin on the stovetop over medium heat. Stir with a wooden spoon until the flour begins to colour. Add the wine and the stock or water and simmer until the gravy is lightly thickened, stirring continuously. Check the seasoning before straining into a heated jug or gravy boat.

To serve: Remove the string and slice the lamb. Serve with the gravy, stuffed tomatoes and steamed butter beans.



Recipe from Kathy Paterson's
Meat & Three



Suggested cut



Quality Mark beef rump

The following cuts also work well in this recipe.



Quality Mark beef sirloin



Quality Mark beef scotch fillet

Tips & Tricks

- + Cut beef and bring to room temperature before skewering and placing on the barbecue.
- + Skewers can be made up in advance and kept covered in the fridge.
- + No kaffir lime leaves? Then use pieces of spring onion (omit them from the slaw).
- + When eating, use a fork to push the meat and lime leaves from the skewer and discard the lime leaves.

Beef Skewers with Asian Slaw

SERVES 3-4 PREPARATION TIME 20 MINS COOKING TIME 5 MINS

Beef

- 500g Quality Mark beef rump
- 6 metal or wooden skewers
- 12 kaffir lime leaves
- ¼ cup olive oil
- 1 small handful mint leaves, chopped, plus a few extra to garnish
- 1 small handful coriander leaves, chopped, plus a few extra to garnish

Asian slaw

- ¼ green cabbage, very finely sliced
- 2 carrots, grated
- 4 spring onions, trimmed and very finely sliced
- 3 handfuls mung bean sprouts
- 2 tablespoons sesame seeds, toasted
- 2 tablespoons light soy sauce
- 1 tablespoon lime juice
- 2 teaspoons soft brown sugar
- 2 teaspoons sesame oil
- 1 teaspoon wasabi paste
- 1 teaspoon black sesame seeds or nigella seeds, optional

Beef: Soak wooden skewers in cold water for at least 20 minutes to help prevent burning during barbecuing.

Preheat a barbecue until hot.

Cut the beef into about 2.5cm pieces. Thread 3 pieces of beef onto the soaked skewers with the lime leaves.

Mix together the oil and fresh herbs and season with salt and freshly ground black pepper. Brush liberally over the beef skewers.

Place on the hot plate and cook for 5 minutes until the beef is cooked to medium-rare.

Asian slaw: Place the cabbage, carrots, spring onions, mung bean sprouts and sesame seeds in a large bowl.

Combine the soy sauce, lime juice, brown sugar, sesame oil and wasabi in a small screw top jar and shake well. Drizzle over enough dressing to moisten the salad and toss well.

Sprinkle over the black sesame or nigella seeds, if using.

To serve: Place the Asian slaw on a large serving platter and top with the beef skewers. Scatter over the coriander and mint leaves.





Spicy Sausage Rolls

MAKES **16 SMALL OR 12 MEDIUM-SIZED ROLLS** PREPARATION TIME **30 MINS**
COOKING TIME **30-35 MINS**

Beef

500g Quality Mark beef mince
1 small red onion, finely grated
1 teaspoon finely grated fresh ginger
1½ tablespoons sambal oelek (see tips) or your favourite chilli sauce
2 tablespoons finely chopped flat-leaf parsley leaves
1 cup fresh breadcrumbs
2 tablespoons milk
1 egg, lightly beaten

To assemble

2 sheets frozen pre-rolled butter puff pastry, defrosted
1 egg, lightly beaten with a little milk, for brushing
sesame seeds, for sprinkling

Satay sauce

½ cup crunchy peanut butter
½ cup coconut cream
¼ cup water
2 teaspoons light soy sauce
1 teaspoon sesame oil

Preheat the oven to 200°C. Lightly grease a large shallow baking tray.

Beef: Place all beef ingredients in a large bowl and mix together. Season.

To assemble: Lightly flour the benchtop and cut each pastry sheet in half. Divide the mince mixture into 4 sausage shapes as long as your pastry. Working with 1 piece of pastry at a time, place 1 portion of the mince mixture slightly off-centre on 1 piece of pastry. Press together and use a fork to seal the edges. Brush with egg wash, then cut into desired size.

Make a small slit in the top of each sausage roll to vent steam. Place the rolls on the baking tray and sprinkle with sesame seeds. Cook for 30-35 minutes, until the pastry is well browned and the mince cooked.

Satay sauce: Place all the sauce ingredients in a small heavy-based saucepan and cook over a low heat. Stir until combined. If the sauce is too thick, add extra cold water until you have the desired consistency.

To serve: Serve sausage rolls with satay sauce and a fresh, crisp green salad.

Suggested cut



Quality Mark beef or lamb mince

Tips & tricks

- + Sambal oelek is a spicy Southeast Asian chilli sauce. It is available in the international section of your supermarket.
- + Finely grating the onion eliminates the necessity to cook and soften down before adding cold to the mince.
- + Make up the sausage rolls ahead and keep in the fridge until ready to cook.

Suggested cut



Quality Mark beef eye fillet
(cut from the thinner end)

The following cuts also work well in this recipe.



Quality Mark beef fillet steaks



Quality Mark beef scotch steaks

Tips & tricks

- + Oven cooking a whole beef eye fillet - 1.5kg: Preheat the oven to 210°C. Heat a large frying pan or cast iron flat plate over high heat. Brown fillet on all sides. Remove and place in a shallow baking tray. Spread over a little Dijon mustard, drizzle with a little olive oil and grind over black pepper. Place in the hot oven and cook for 18 minutes for medium rare beef. Remove from the oven, sprinkle with salt, cover loosely with foil or baking paper and a tea towel and leave to rest.
- + Preserved lemon in a jar can be purchased at your local supermarket or foodstore. Rinse and finely slice or chop the rind before use. Discard fleshy bits.

Barbecued Eye Fillet with Carrots, Eggplant & Israeli Couscous Salad

SERVES 8 PREPARATION TIME 30-40 MINS COOKING TIME 25 MINS

Soak up the balmy summer air and enjoy the company of friends and family whilst you barbecue. This recipe pairs the eye fillet with a colourful vegetable and couscous salad, drizzled with a punchy herb dressing.

Beef

1kg Quality Mark beef eye fillet,
cut from the thinner end,
trimmed of silver skin
olive oil for rubbing

Salad

2 cups Israeli couscous
3 tablespoons olive oil
250g baby carrots, scrubbed and
cut in half lengthwise
250g baby purple carrots,
scrubbed and cut in half
lengthwise
1 eggplant, cut into 1.5cm slices
1 tablespoon chopped preserved
lemon (see tips)
1 lemon for squeezing
4 handfuls baby green leaves
small handful mint leaves,
shredded

Green herb dressing

1 well packed cup flat leaf parsley
leaves
1 well packed cup coriander
leaves
2 spring onions, trimmed and
roughly chopped
1 clove garlic, roughly chopped
finely grated zest of 1 lemon
½ teaspoon ground cumin
good pinch dried red chilli flakes
½ cup olive oil
2 tablespoons red wine vinegar

Green herb dressing: Place the herbs, spring onion, garlic, lemon zest, cumin and chilli in the bowl of a food processor. Process to roughly chop the herbs. While the processor is on, drizzle in the olive oil followed by the vinegar. Season with salt and place dressing in a small screw top jar. Keep in the fridge.

Heat a barbecue plate until medium-hot.

Beef: Rub the beef with olive oil and place on the barbecue plate. Barbecue for 20 minutes, turning beef 4 times to brown all sides. Lower the heat and barbecue for a further 5 minutes for medium rare beef.

Transfer to a large plate, season with salt and freshly ground black pepper. Cover loosely with foil or baking paper and a clean tea towel and leave to rest for at least 20 minutes.

Heat a barbecue grill until medium-hot.

Salad: Bring a large saucepan of lightly salted water to the boil. Add the Israeli couscous and cook for 7-8 minutes until tender. Drain and refresh under cold water to arrest cooking. Drain well, then place in a large bowl and drizzle with 1 tablespoon olive oil to prevent sticking and set aside.

Brush eggplant slices with some of the remaining olive oil and place on the grill and cook until very tender. Cut into big chunks and add to the Israeli couscous.

Place the carrots in a bowl with the remaining olive oil and season. Place the carrots on the grill, turning often, until tender or cooked to your liking. Remove and place in with the Israeli couscous.

Add the preserved lemon, greens and mint. Toss gently to combine, adding a little extra olive oil if needed and a good few squeezes of lemon juice. Place on a large shallow serving plate.

To serve: Slice the eye fillet across the grain and arrange on top of the salad. Drizzle with some of the green herb dressing and serve the remainder in a separate small bowl for passing.



RESTING

Resting the beef is paramount for tender juicy meat. Leave to rest for at least 20 minutes.

Suggested cut



Quality Mark beef sirloin steak

The following cuts also work well in this recipe.



Quality Mark beef rump steak



Quality Mark eye fillet steaks

Tips & tricks

✦ Before you slice the cooked sirloin steaks make sure they are well rested. This is important for tender, juicy steak. Remove from the barbecue grill and cover loosely with foil or baking paper and a clean tea towel. Set aside for 5-10 minutes before slicing across the grain.

✦ Rocket aioli: Place a handful of rocket leaves in a small food processor and process until roughly chopped. Add 1 small clove crushed garlic, 1 tablespoon lemon juice and 1 egg yolk and process until combined. Slowly drizzle in $\frac{1}{2}$ cup olive oil through the feed tube until the aioli is creamy. Season and place in a small bowl, cover and refrigerate. Use within 5 days.

Beef & Grain Salad

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 20 MINS

Beef

3 x 200g Quality Mark sirloin steaks
(about 2cm thick)

Grain salad

$\frac{1}{2}$ cup white quinoa, very well rinsed
 $\frac{1}{2}$ cup Israeli couscous
2 corn cobs, husks and silks removed
4 small zucchini, cut into thick ribbons
1-2 handfuls baby spinach leaves

Dressing

1 tablespoon lemon juice
1 tablespoon Dijon mustard
4 tablespoons olive oil

To serve

1 tablespoon sesame seeds, white or black, toasted
 $\frac{1}{4}$ cup picked mint leaves, finely shredded
 $\frac{1}{4}$ cup walnuts or pine nuts, toasted, optional
rocket aioli (see tips)

Salad: Place rinsed quinoa in a small heavy-based saucepan with $\frac{3}{4}$ cup cold water. Cover and bring to the boil, then reduce heat and simmer quinoa until the liquid is absorbed, about 15 minutes. Place Israeli couscous into a saucepan of boiling salted water, reduce heat and simmer for 10 minutes, until soft but still retains some bite. Drain and rinse under cold water. Set both aside.

Heat barbecue grill until hot. Rub corn cobs with a dash of oil and season. Place on the hot grill and cook for 15 minutes, turning regularly. Set aside to cool a little, then stand cob on one end and using a sharp knife cut down to remove kernels. Brush barbecue grill with a dash of oil and place on zucchini. Cook until just tender. Season and set aside with corn kernels.

Dressing: Place all ingredients in a small screw-top jar, season and shake well.

Beef: Rub steaks with a little oil, season and place on a hot barbecue grill. Grill for 3-4 minutes on each side for medium-rare. Remove from grill, cover and set aside to rest.

To serve: Place cooked quinoa and Israeli couscous in a large bowl, and using a fork, stir through the corn kernels, zucchini and spinach leaves. Pour over dressing, toss gently and place on a serving plate. Slice sirloin steak and place on top of the grain salad and sprinkle with the sesame seeds, shredded mint and nuts if using. Pass a bowl of rocket aioli (see tips).





Sticky Hoisin Ribs with Asian Slaw

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 1 HOUR 20 MINS

These Sticky Hoisin Ribs are oven cooked in a flavourful marinade that is paired perfectly with our crunchy Asian slaw. Whether a complete meal or served up as a tasty appetiser, be sure to have the serviettes on hand.

Lamb

700g Quality Mark lamb ribs
 ¼ cup hoisin sauce
 ¼ cup oyster sauce
 2 tablespoons soft brown sugar
 2 teaspoons finely grated fresh ginger
 1 teaspoon crushed garlic

Asian slaw

refer to ingredients and recipe on page 6

Preheat the oven to 200°C.

Lamb: Place the lamb ribs in a large baking dish. Mix together the hoisin sauce, oyster sauce, sugar, ginger, garlic and ½ cup water. Pour over the ribs and toss well to coat. Cover with baking paper and foil, seal well and place in the oven. Cook for 1 hour.

Remove ribs from the oven and uncover. Return to the oven and cook for a further 20 minutes until dark and crispy, turning halfway through cooking.

To serve: Serve the lamb ribs with the Asian slaw.

Suggested cut



Quality Mark lamb ribs

Tips & tricks

- + Leave a little of the lamb fat on the ribs to give you flavour and keep the meat moist during cooking.
- + The Asian slaw adds a great crunch to this dish.
- + Serve with plenty of napkins for sticky fingers.
- + Ribs are sold two ways, as separate ribs or joined together. If joined together cut them into two, three or four rib pieces. The bigger the pieces the longer they will take to cook.
- + As a guide, serve 3 - 4 ribs per person for a main meal.

From the Beef + Lamb New Zealand Nutritionist

Summer is such a wonderful time of year to get together with family and friends over long alfresco meals. The sharing of the best of our Kiwi kai around a table is about more than just eating amazing food, it's also about meaningful connection, the sharing of ideas, arguing, laughing, caring, crying, trying new foods and expressing aroha (love).

Food connects us in so many ways. In summer more than any other season, we are often more connected to where food comes from, whether it be from our favourite local go-to fruit or vegetable grower, the farmers market, farms, the sea or even our own gardens.

And even before we sit down to share a meal with friends and family, the planning and cooking of the food can bring us closer together. Eating in summer is a more relaxed affair and it's a Kiwi thing, the offer to bring a plate which makes light work for everyone. Gardeners are normally chuffed to share their gorgeous summer produce such as butter beans, zucchini, heritage tomatoes and herbs which all feature strongly in our recipes. Offers of contribution to create a shared meal are usually warmly welcomed.

When it comes to cooking, holidays are a great opportunity to get our younger family members involved. Research suggests that as few as 38% of school age children help to prepare and cook meals yet we know that to ensure a future of healthy eating, cooking skills are essential. Take time out to show children how to prepare vegetables or follow a recipe and teach your teen how to make a classic roast or barbecue our wonderful New Zealand beef or lamb.

The family tradition of sitting together around a table, no matter how simple or sophisticated the food creates memories. Although they might not agree, connecting over meals and greater frequency of family meals is also good for our teenager's mental health. Putting down our devices, eating healthily, having shared open conversations all model behaviours to our children that we hope will contribute to not just their future well-being but everyone's around the table.

So let's slow down and cherish those long summer evening meals with those we care for, create memories and be there for each other.

ENTERTAINING?

Lamb cutlets are incredibly tender and loaded with flavour. Simple to prepare and visually impressive - the perfect go-to when you have guests.



Lamb Cutlets with Quinoa Crust

SERVES 4 PREPARATION TIME 30 MINS
COOKING TIME 5-6 MINS

Lamb

12 Quality Mark lamb cutlets, well trimmed

Quinoa Crust

$\frac{3}{4}$ cup cooked white quinoa
 $\frac{3}{4}$ cup fresh white breadcrumbs
 $\frac{1}{2}$ tablespoon chopped fresh oregano or 1 teaspoon dried oregano
 $\frac{1}{2}$ teaspoon garlic powder or lemon seasoning, optional
milk, to moisten

Basil Pesto

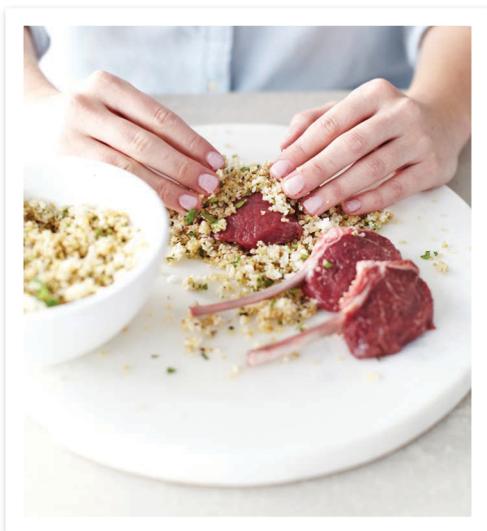
1 cup well-packed basil leaves
2 cloves garlic, crushed
2 tablespoons pine nuts, toasted
 $\frac{1}{2}$ cup olive oil
2 tablespoons freshly grated Parmesan cheese

Preheat the grill until hot.

Basil Pesto: Place basil leaves, garlic, pine nuts and oil in a small food processor and process to a rough paste. Season with salt and freshly ground black pepper and then stir through the Parmesan cheese. Place in a small bowl, cover well and refrigerate.

Quinoa Crust: Place all ingredients except milk in a bowl and mix. Pour in enough milk to just moisten. Press crust on to one side of each lamb cutlet, place on an oiled grilling tray, crust side down. Place under hot grill for 2 minutes. Remove from grill, turn cutlets over, drizzle with a dash of oil and return to the grill for a further 3-4 minutes.

To serve: Serve lamb cutlets with basil pesto and a fresh summer salad or barbecued summer vegetables.



Suggested cut



Quality Mark lamb cutlets

The following cuts also work well in this recipe.



Quality Mark lamb backstrap



Quality Mark lamb fillet

Tips & tricks

- + To cook in the oven: Preheat oven to 220°C. Line a shallow baking tray with baking paper. Place cutlets on baking tray, crust side up and drizzle with a little oil. Cook for 8-10 minutes, turning once.
- + Bump up the fibre of this dish and use wholegrain breadcrumbs.
- + Double the crust recipe and coat both sides of the lamb cutlets if you prefer.



QUALITY MARK

Quality Mark beef mince is New Zealand grown, free range and free of growth hormones and promotants.



Beef Burger Pitas

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 16-18 MINS

Not just your average burger - this version is created with a simple mince patty, topped with a refreshing mix of mint, yoghurt and a crumble of blue cheese for added flavour. To finish off, serve in a warmed or toasted pita bread and dive in. Trust us, this recipe is easy, quick and big on flavour.

Beef

500g Quality Mark beef mince
½ cup fresh white breadcrumbs
soaked in 3 tablespoons milk
4 spring onions, trimmed and
finely chopped
2 cloves garlic, crushed
1 egg, lightly beaten
2 tablespoons Worcestershire
sauce
3 tablespoons finely chopped
parsley
pinch dried red chilli flakes

To serve

1 cup natural unsweetened
yoghurt
2 tablespoons shredded mint
leaves
4 pita breads
8 handfuls small salad leaves or
shredded iceberg lettuce
100g blue cheese, crumbled

Beef: Place all the ingredients in a large bowl and mix well. Season well and shape into 4 large patties.

Heat a dash of oil in a large frying pan over a medium heat (or heat a barbecue plate until hot) and place the patties on. Cook for 16-18 minutes, turning and cooking the sides as well until they are cooked through.

To serve: Mix together the yoghurt and mint. Soften pitas as per packet instructions or toast. Place salad leaves moistened with a little yoghurt and mint dressing into the pita, follow with the beef patty and a scattering of blue cheese.

Serve with remaining yoghurt and mint dressing in a small bowl.

Tips & tricks

- + Fry off a little of the meat mixture before shaping to check seasoning is to your liking.
- + To shorten the cooking time, flatten patties out and make a small well in the middle of each one (this also prevents the meat from forming a dome as it cooks) so they are not too dense.
- + Replace yoghurt and mint dressing with a vinaigrette. In a small jar, place 1 tablespoon lemon juice, 1 tablespoon Dijon mustard and 4 tablespoons olive oil. Season and add a little sugar to sweeten. Shake well before using.
- + Use your choice of salad greens which could include finely shredded spinach or baby spinach leaves. Shredded cos lettuce adds a great crunch.

Suggested cuts

The following cut works well in this recipe.



Quality Mark beef or lamb mince



ANNOUNCED EARLY DECEMBER

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Be in to win 1 of 12 signed copies of 'Meat & Three' by Kathy Paterson

To be in to win...

Share your most memorable summer food story

➔ TO ENTER VISIT
recipes.co.nz/competition

Alternatively, email your answer to recipes@beeflambnz.co.nz
or send a letter with your answer to: Beef + Lamb New Zealand
Inc, PO Box 33 648, Takapuna, Auckland 0740



TERMS AND CONDITIONS:
Entries must be received by
28 February 2019

Beef + Lamb New Zealand Inc
will make the final decision on the
winners. The judges' decision is
final and correspondence will not
be entered into. Letters and emails
can only be chosen from those
including full contact details (name,
address, email and phone number).
One entry per person.

For full terms and conditions, visit
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Recipes by Kathy Paterson
Photography by Tam West & Manja Wachsmuth

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