

STRENGTH. ENERGY. GROWTH.

RED MEAT HAS IT ALL



Nicoise style lamb



STRENGTH. ENERGY. GROWTH.

Eating well is a vital aspect of fitness according to Chris Paterson – the first Scotsman to win 100 caps on the international rugby pitch.

"I am hugely proud of achieving so many caps and working hard on fitness has been a big part of that. Good nutrition and choosing top quality food is an important aspect of training (and assured red meat produced in Scotland is part of that). Cooking is a source of relaxation for me and it is easy to prepare simple, quick meals to provide energy, protein and vitamins using Scotch Beef, Scotch Lamb and Specially Selected Pork."



Chris Paterson, Scotland Rugby International



Nicoise style lamb



FRESH. HEALTHY. TASTY.

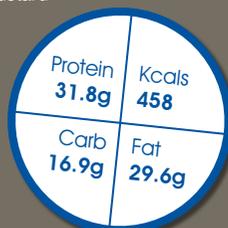
SERVES 4

INGREDIENTS

500g/1lb Scotch Lamb neck fillet, trimmed
A little olive oil
Salt and freshly ground black pepper
3 eggs
350g/12oz small new potatoes, halved
100g/4oz green beans, trimmed
150g/5oz cherry tomatoes, halved
50g/2oz pitted black olives
30ml/2tbsp capers, drained
50g/2oz rocket leaves

For the dressing:

Zest and juice of 1 lemon
30ml/2tbsp chopped fresh chives
30ml/2tbsp olive oil
5ml/1tsp Dijon mustard
A pinch of sugar



COOKING INSTRUCTIONS

1. Preheat a griddle pan. Place the lamb fillet on a board, rub all over with a little oil and seasoning. Place on the hot griddle and cook over a medium heat for 15-20 mins, turning regularly until they are charred on the outside but still pink in the centre. Remove from the heat and leave to rest for 5 mins.
2. Place the eggs in a small pan of water, bring to the boil, then simmer for 6 mins. Drain and rinse in cold water, tapping the shells all over. Peel away the shells and thickly slice the eggs.
3. Cook the potatoes in boiling salted water for 10 mins or until tender. Cook the beans in boiling salted water for 4 mins until just tender. Drain both the potatoes and beans then rinse in running water until cold and drain again.
4. Place the eggs, potatoes, beans, tomatoes, olives, capers and rocket in a large bowl. Mix all the dressing ingredients together in a small bowl with seasoning, pour over the salad and toss together.
5. Divide the salad between four bowls. Thinly slice the lamb and lay it on top of the salad. Serve immediately.



Pork curry in a hurry

SERVES 4

INGREDIENTS

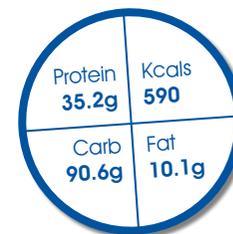
2 cups basmati rice
500g Specially Selected Pork fillet, thinly sliced
1 onion, sliced
2tsp medium curry powder
410mls light evaporated milk
1tbsp desiccated coconut
200ml/7 fl ozs hot chicken stock
300g potatoes, peeled and cubed into 1cm cubes
200g button mushrooms, quartered
150g fine green beans, halved
1 red pepper, de-seeded and sliced
Olive oil spray

COOKING INSTRUCTIONS

1. Cook rice according to packet instructions. Drain well. Spray a non-stick wok or frying pan with oil and heat. Cook pork in 2 batches over a high heat until lightly browned.
2. Remove from pan. Cook onion and curry powder over a medium heat for 2 minutes or until onion has softened.
3. Stir in the evaporated milk and stock. Bring to simmer. Add potatoes and mushrooms and cook, uncovered, for 10 minutes or until the potato is just tender. Add beans and pepper and simmer for a further 5 minutes, until tender but still crisp.
4. Add pork and heat through. Serve with rice. Garnish with coriander, if desired.

DID YOU KNOW?

Pork can contain less fat than a chicken breast and one serving contains half of your daily protein requirement.



Pork curry

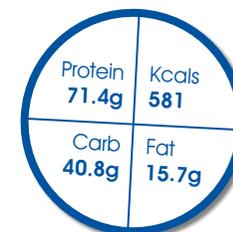
PROTEINS ARE AN IMPORTANT PART OF EVERY CELL IN OUR BODY; ESSENTIAL FOR ENERGY, GROWTH AND REPAIR.



Steak and chips



Steak & chips



SERVES 2

INGREDIENTS

2 large floury potatoes, such as King Edwards or Maris Piper
10 baby carrots with green tops trimmed
A bunch of nice thick asparagus
2 Scotch Beef ribeye (or sirloin) steaks, approx 200g each
A little olive oil to brush onto steak and vegetables
2tsp finely chopped rosemary
1 clove garlic, crushed

COOKING INSTRUCTIONS

Preheat the oven to 210°C

1. Peel the potatoes and cut into nice thick chunky chips. Scrub the carrots and trim the asparagus to retain only the tender part.
2. Blanche the vegetables in a pan of boiling water, asparagus and carrots for 2 minutes then drain and refresh under cold running water, and the chips for 6 minutes, drain and allow any steam to evaporate.
3. Heat a large griddle (to take both steaks and vegetables at the same time).
4. Brush the potatoes with olive oil and place on a baking sheet, sprinkle with salt and bake in the oven for about 25 minutes till crisp and golden brown.
5. Brush the asparagus and carrots with the smallest amount of oil, and the same for the steaks but press on a little rosemary and salt and pepper, then transfer all to the hot griddle. The steaks should need about 2 to 3 minutes on each side for rare, 3 minutes each side for medium/rare and 4 to 5 mins per side for medium/well done.

Test the asparagus and carrots with the tip of a sharp knife to check tenderness.

Serve the steak with a pile of vegetables on top and some chunky chips.

DID YOU KNOW?

This dish is great for eating as part of an active lifestyle. The iron in the steak helps prevent fatigue and the carbohydrates in the chips provide loads of energy.



Teriyaki pork stir fry

LIGHT. QUICK. SPICY.

SERVES 2

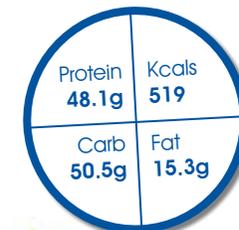
INGREDIENTS

225g lean Specially Selected Pork fillet, cut into thin slices
5ml oil
30ml red Thai curry paste
3 spring onions, sliced
50g sugar snap peas
1 red pepper, deseeded and sliced
1 red chilli, deseeded and sliced
2 heads pak choi, sliced
150ml coconut milk
Chopped coriander
For the noodles:
100g dried rice or egg noodles
Juice of 1 lime
15ml sweet chilli sauce
Fresh chopped coriander
Spring onion

COOKING INSTRUCTIONS

1. In a large non-stick wok or pan, fry the pork in oil until browned. Stir through red Thai curry paste and add spring onions, sugar snap peas, red pepper, red chilli and 2 heads pak choi. Cook for 2-3 minutes.
2. Add 150ml coconut milk and heat for 1-2 minutes until sauce has thickened slightly. Sprinkle with fresh chopped coriander.
3. For the noodles cook 100g dried rice or egg noodles according to pack instructions. Drain and stir through juice of 1 lime, sweet chilli sauce and fresh chopped coriander and spring onion.

Serve the stir-fry with the noodles.

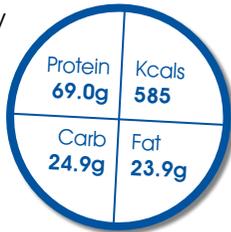


Tarragon and lemon lamb

SERVES 4

INGREDIENTS

350g/12oz baby new potatoes
225g/8oz Chantenay carrots, trimmed
15ml/1tbsp olive oil
Salt & freshly ground black pepper
4 Scotch Lamb gigot leg steaks each weighing 225g/8oz
100g/4oz asparagus tips, trimmed
100g/4oz baby leeks, trimmed
30ml/2tbsp chopped fresh tarragon
30ml/2tbsp clear honey
Juice of half a lemon



COOKING INSTRUCTIONS

1. Preheat the oven to 200°C/Fan 180°C/400°C/Gas Mark 6. Place the potatoes, carrots and olive oil in a large roasting tin. Season then toss together. Roast for 10 mins.
2. Add the asparagus, leeks and half the tarragon to the roasting tin. Lay the lamb steaks on top and season. Scatter the remaining tarragon, the honey and lemon juice over the lamb steaks then roast for 15-20mins or until the steaks are golden and cooked to your liking.
3. To serve, divide the vegetables between four warm serving plates and top each with a lamb steak. Spoon over any pan juices and serve.

Peppered beef and vegetables

SIMPLE. PEPPERY. DELICIOUS.

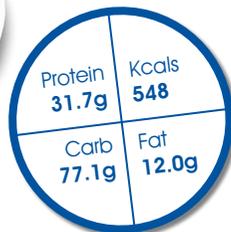
SERVES 4

INGREDIENTS

2 cups basmati rice
500g Scotch Beef rump steak, cut into thin strips
2 level tsp coarsely ground black pepper
1tsp crushed garlic
3 spring onions, sliced
500g packet frozen mixed stir fry vegetables
200g baby pak choi/Chinese leaves, leaves separated
3tbsp oyster sauce
1tsp clear honey
40g blanched almonds
2tbsp freshly chopped coriander leaves
Olive oil spray

COOKING INSTRUCTIONS

1. Cook rice according to pack instructions. Drain well. Meanwhile place the strips of meat and pepper in a clean, dry plastic bag, twist to close the bag and shake to coat the meat with the pepper. Spray a non-stick wok or frying pan with oil and heat. Stir-fry the peppered meat in two batches over a high heat for 2-3 minutes or until browned and tender.
2. Remove from wok and keep warm. Reheat wok, add almonds and stir-fry until golden then remove with a slotted spoon. Add garlic, spring onion and remaining vegetables and stir for 5-6 minutes until tender but still crisp.
3. Drizzle in the oyster sauce and honey to wok and stir through. Return beef to the wok and toss until heated through. Just before serving stir in the toasted nuts and chopped coriander leaves. Serve immediately with rice.



DID YOU KNOW?

This recipe is very easy to make and can be prepared and cooked in 30 mins – real, healthy fast food. Lamb is high in vitamin B12 an essential building block for red blood cells.



Tarragon and lemon lamb



WIN ONE OF 10 PAIRS OF RUGBY TICKETS

SEE SCOTLAND PLAY AT MURRAYFIELD

TO ENTER

For your chance to win enter at www.scotchbeefandlamb.com/rugbytickets or post your name, address and a contact number on a postcard to QMS Rugby Tickets, Quality Meat Scotland, Rural Centre, West Mains, Ingliston, Edinburgh, EH28 8NZ. Entrants must be UK residents, 16 years or over. For full terms and conditions visit the website. Closing date 19/03/11.

STRENGTH. ENERGY. GROWTH.



Peppered beef & vegetables

Lean red meat such as beef, pork and lamb, can play an important role in a healthy balanced diet as they contain a wide variety of nutrients in a relatively small amount of food. It is also an important source of B vitamins, including B12 which only occurs naturally in foods of animal origin.

Red meat is a good source of protein, vitamins and minerals, specifically iron. As a major source of protein it helps us to feel fuller for longer (and reduce snacking on other foods). This makes protein-rich foods ideal for helping to control weight. In addition to this, protein is essential for growth and repair of your body.

Red meat is an excellent source of iron needed to form new red blood cells and to carry oxygen around your body. The iron found in meat is absorbed particularly well by the body, plus meat has the extra advantage of helping with the absorption of iron from vegetables and cereals.

Zinc is important for repairing wounds and a good immune function.

Red meat really does play an important role in your diet. Try some of these delicious body fuelling recipes.

For more recipe information visit:

www.scotchbeefandlamb.com

www.speciallyselectedpork.com



Quality Meat Scotland Rural Centre, West Mains, Ingliston, Midlothian EH28 8NZ

Tel: +44 (0)131 472 4040 Fax: +44 (0)131 472 4038

Email: info@qmscotland.co.uk www.qmscotland.co.uk

