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meat

Issue 11 Autumn

Moreish meals

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CHELSEA
WINTER**

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**Best of
NEW ZEALAND
BEEF & LAMB**



Feature Cut – Lamb Shoulder Chops

Often overlooked, lamb shoulder chops are undeniably versatile. Whether pan-fried or slow cooked, the result is tender and flavoursome. An excellent alternative to more costly pieces of lamb, they make for an easy, cost-effective mid-week meal or an impressive weekend dish.

THE CUT In contrast to lamb leg, shoulder chops contain a much higher level of fat and connective tissue, which when braised or slow roasted, melts away producing a succulent and deliciously tender result. Typically, shoulder chops are thinner than other cuts of lamb, meaning when grilled an equally delicious outcome can be reached. Searing at a high heat allows the exterior to develop a golden crust adding flavour, texture and visual appeal. No matter which method you choose, this secondary cut will not disappoint.

HOW TO COOK These meaty chops absorb marinade well, becoming more tender through the process. And while the nights are still warm, try grilling them on the barbecue.

Combine chops with your choice of marinade in a resealable bag and leave to marinate for at least one hour. Remove the chops from the fridge 30 minutes before cooking to bring them to room temperature. Preheat your grill or heat oil in a frying pan to a high heat. Transfer the meat from the bag to the pan or grill and cook to your preference, three minutes on each side for medium. Loosely cover with foil and leave to rest for ten minutes before serving.



NEW ZEALAND BEEF AND LAMB QUALITY MARK

Quality ingredients are a vital part of any recipe and when it comes to selecting the very best quality beef and lamb, you need look no further than the New Zealand Beef and Lamb Quality Mark.

Established in 1997, the Quality Mark is your assurance the beef and lamb you buy is New Zealand grown, consistently lean and tender. Only beef and lamb that has met the highest quality standards such as tenderness, food safety and animal welfare can hold the Quality Mark.

The Quality Mark's integrity is guaranteed through regular auditing at every step in the production chain, ensuring the highest standards are maintained. Many Quality Mark cuts also carry the Heart Foundation Tick, meaning they have less than 4% saturated fat.



**Tough Standards.
Tender Results.**

To be confident you're buying the very best New Zealand has to offer, look for the New Zealand Beef and Lamb Quality Mark. If it makes the cut, it earns the Mark. Why would you choose anything less?



4



6



7



9



11



12



13



14



A year has flown by since I started writing recipes for mEAT Magazine - and what a great year it has been! It's fantastic working with the Beef + Lamb team; it's hard yakka, but we always have fun working together to bring you folks some of the tastiest recipes around (the recipe testing part always seems to go down well!)

I'm also excited to be a part of Beef + Lamb New Zealand's new advertising campaign, promoting awareness of the New Zealand Beef and Lamb Quality Mark. It's pretty simple really - when you buy meat carrying the Quality Mark, you know you're buying the highest quality meat that has been proudly raised and farmed in New Zealand. Keep an eye out for me smiling at you in the ads (they'll be everywhere!) and let me know what you think.

Lastly, I hope you enjoy the recipes in this latest issue. I've created a great variety of delicious, family-friendly meals that will soften the blow as the weather cools down. Happy cooking.

Chelsea Winter

COOK AND DEDICATED FOODIE
Making everyday delicious



Tender Lamb in Rich Puttanesca Sauce

SERVES 4-5 PREPARATION TIME 15 MINS COOKING TIME 3 HOURS

Puttanesca is a traditional and much-loved Italian sauce usually served with pasta. I've put a Kiwi spin on it by adding lamb and serving it over a buttery kumara mash. I won't tell you what the word 'Puttanesca' actually means in Italian (you can research it if you must) – all that matters is it's loaded with flavour and couldn't be easier to make. The oven does all the work to make the lamb 'fall-off-the-bone' tender.

1kg - 1.5kg Quality Mark lamb shoulder chops, trimmed
3 cloves garlic, crushed
2 onions, finely chopped
4 anchovy fillets, chopped
1½ tablespoons dried oregano
2 sticks fresh rosemary leaves, roughly chopped (about 1 tablespoon)
2 tablespoons tomato paste
2 x 400g cans chopped tomatoes in juice
½ teaspoon chilli powder (optional)
1 cup Campbell's Real Stock - Salt Reduced Chicken
2 teaspoons sugar
¾ cup olives
1 tablespoon capers, drained (optional)

Kumara mash

4-5 orange kumara, peeled and chopped
25g butter
¼ cup grated Parmesan
½ cup chopped parsley

To serve

Extra fresh parsley, chopped
Extra grated Parmesan
Splash of balsamic vinegar



"Lamb chops are so versatile, I really enjoy them slow cooked in a dish like this. Completely filling yet so fresh and full of flavour."

Lisa Carrington

Preheat the oven to 130°C fan bake or 150°C conventional bake.

Lamb: Heat a little oil in a large heavy-based frying pan over a very high heat.

Pat the lamb dry with a paper towel, trim any fat and season with a little salt and pepper. Add 2-3 chops to the pan and cook until browned on one side. Turn over and cook for another few minutes. Transfer to a warmed plate and repeat with the remaining chops.

Discard any fat from the pan and return to a medium heat. Add a little oil and the garlic, onion, anchovies, oregano and rosemary. Cook for 7-10 minutes until the onion is soft. Add the tomato paste, tinned tomatoes, chilli powder (if using), stock and sugar. Stir to combine and nestle the chops in so they're covered. Bring to a boil then turn off the heat straight away.

If your pan is ovenproof, cover and cook in the oven for 3 hours. If not, transfer everything to a covered casserole dish before placing in the oven.

With 15 minutes remaining, add the olives and capers (if using).

Remove from the oven, stir, and then check the seasoning. If the sauce seems a little thin, remove the lamb then simmer rapidly in an uncovered saucepan for 5-10 minutes to thicken it.

Mash: Steam or simmer the kumara pieces in a covered pot until tender – about 15-20 minutes. Drain the water off and place back over a low heat, uncovered, for a few minutes to evaporate the excess moisture. Add the butter, Parmesan and parsley, and mash well to combine. Season to taste and keep warm.

To serve: If you like, you can pull the meat off the bones before you serve it. Spoon some mash into warmed serving bowls or plates, then top with meat and a few spoonfuls of the sauce. Sprinkle with parsley, Parmesan and a splash of balsamic vinegar.

Suggested cuts

The following cuts work well in this recipe.



Lamb shoulder chops



Diced lamb shoulder



Lamb neck chops

Tips & tricks

- + Lamb chops don't always have to be fast-fried on the BBQ – when they're slow cooked like this, the meat becomes meltingly tender. Chops have a great flavour too.
- + Bring the chops to room temperature before frying them, so they brown up better resulting in more flavour.
- + Be careful not to add salt until the very end when you've tasted it – olives and anchovies are both salty and you probably won't need to add any more.
- + This dish can be made in a slow cooker too with the same amount of liquid.



Tips & tricks

- + Beef mince is a fantastic, affordable way to provide your family with a healthy boost of iron, zinc and protein.
- + Premium is the leanest cut of beef mince carrying the Heart Foundation Tick of Approval with less than 4% saturated fat.
- + Browning the mince is so important for adding flavour. Cooking it over a high heat and splitting it into two batches all helps to create flavourful mince.
- + Up the vegetable content of the dish by adding 2-3 cups of chopped spinach to the mince mixture with the stock. You'll just need to simmer it for a little longer to allow it to reduce.
- + You can use mozzarella from the cheese section at the supermarket, or if budget permits try using fresh mozzarella for a real treat.

Suggested cut

The following cut will work well in this recipe.



Beef or lamb mince

Tasty Mince with Creamy Mozzarella & Basil Parcels

SERVES 4-5 PREPARATION TIME 25 MINS COOKING TIME 20 MINS

500g Quality Mark lean beef mince
1 onion, finely chopped
1 clove garlic, crushed
2 tablespoons tomato paste
400g can chopped tomatoes in juice
1 cup Campbell's Real Stock – Beef
1 teaspoon sugar
1 punnet cherry tomatoes, halved (optional)

Mozzarella parcels

1 packet wonton or dumpling wrappers
200g mozzarella
1 bunch fresh basil
1 egg, lightly beaten

To serve

Fresh basil or parsley
Freshly grated Parmesan

Sauce: Heat a little oil in a large frying pan over a very high heat. When the pan is piping hot, add the mince and break it up quickly with a wooden spoon. Stir it for a few minutes until brown all over. Transfer to a bowl, cool slightly then drain off and discard any fat.

Wipe out the mince pan and turn the heat down to medium. Add another tablespoon of oil, the onion and garlic. Stir for 5 minutes until soft and translucent. Add the tomato paste, tinned tomatoes, stock and sugar. Simmer for 15-20 minutes or until it becomes a pasta sauce consistency. Season to taste. Add the cherry tomatoes (if using) and simmer for another few minutes.

Mozzarella parcels: Slice the mozzarella into 2-3 cm pieces. Brush a wonton wrapper with egg, and place a slice of cheese and a basil leaf in the middle. Season with salt and pepper and roll it up. Press the ends firmly with your fingers to seal. Repeat with the remaining filling. You can cut the ends off if you have lots of excess pastry sticking out.

Bring a large saucepan of water with a pinch of salt to a rapid boil. Add the parcels and cook for 5 minutes (or 3 minutes if using homemade pasta)

To serve: Combine the mozzarella parcels with the mince and spoon into warmed bowls. Top with fresh Parmesan shavings and chopped basil or parsley.



\$4.70
PER SERVE

How to cook
perfect mince



\$4.05
PER SERVE

Moroccan Meatball Feast

SERVES 4-6 PREPARATION TIME 15 MINS COOKING TIME 10 MINS

Meatballs

500g Quality Mark lean lamb mince
1 onion, finely chopped
2 cloves garlic, crushed
2 teaspoons whole cumin seeds
2 teaspoons ground coriander
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/4 teaspoon cinnamon
1/2 cup couscous soaked in 1/2 cup boiled water
2 tablespoons tomato paste
1 egg, lightly beaten
1/2 cup finely chopped parsley
1/2 teaspoon salt
1 tablespoon oil

Yoghurt sauce

3/4 cup unsweetened plain yoghurt
1/2 cup mayonnaise
Zest of 1 lemon
1 clove garlic, crushed
1/2 cup finely chopped fresh coriander (or parsley/ basil)

To serve

Hummus
Pita breads, wraps or flatbreads
Fresh salad (e.g. tomatoes, lettuce, red onion etc)

Preheat the oven to 180°C conventional bake.

Meatballs: Place all the meatball ingredients in a large bowl with some cracked pepper. Using clean hands, mix until well combined. Roll into walnut-sized balls.

Heat a little oil in a large frying pan over a medium-high heat. Add half the meatballs, cook for a couple of minutes then turn gently using tongs, being careful not to break them up. Cook for another 7-10 minutes, turning to brown all over until cooked through. Transfer to a warmed plate, cover with foil and repeat with the remaining meatballs.

Yoghurt sauce: Combine all ingredients in a small bowl and mix to combine. Taste and season as required.

To serve: Spread some hummus on a pre-warmed wrap, pita or flatbread. Top with meatballs, salad, the yoghurt sauce and the feta and olive crush if using (see tips for recipe).

Suggested cut

The following cut will work well in this recipe.



Beef or lamb mince

Tips & tricks

- + Lamb mince is a great, affordable way to serve up a lamb dish for the whole family and it's packed with flavour.
- + Always defrost mince in the fridge – only use the microwave if you plan to cook it immediately.
- + Don't worry if you don't have all the spices – as long as you get the cumin and coriander in there you'll have a nice flavour. To really bring out the flavour, dry toast the cumin seeds in a pan over a medium heat for a couple of minutes until aromatic.
- + If you need another reason to add this dish to your healthy eating repertoire, lean lamb mince meets the Heart Foundation Tick of Approval, having less than 4% saturated fat.
- + You can try squeezing the mince mixture around skewers and barbecuing them for an extra smoky summer flavour.
- + If you don't have couscous, you can use the same amount of breadcrumbs soaked in milk for the meatballs.
- + To make a feta and olive crush, combine 1/2 cup finely chopped olives with 1/2 cup of crumbled feta and a squeeze of lemon juice. It's tangy and delicious and brings out the flavours of the meatballs.

Lamb Wellingtons

SERVES 4-6 PREPARATION TIME 30 MINS COOKING TIME 12 MINS + RESTING

Behold - it's Beef Wellington's smaller, tastier and far less intimidating cousin. People will be gobsmacked when you serve this up to them - tender, perfectly cooked lamb rump with a tasty mushroom and herb coating, wrapped up in crispy, buttery pastry. And I promise you, it's so easy and uses everyday ingredients. Perfect for entertaining, or as a special treat!

Lamb

4 Quality Mark lamb rumps
2 tablespoons butter or oil
3 cups button mushrooms, very finely chopped
2-3 sticks rosemary, leaves pulled off, very finely chopped
3 shallots (or ½ large onion), very finely chopped
2 cloves garlic, crushed
1 tablespoon Dijon mustard
1 block flaky puff pastry (or 4 sheets pre-rolled)
1 egg beaten with 1 tablespoon milk or cream

Salad

2 cups baby spinach
½ pumpkin, cut into bite sized chunks, and roasted
¾ cup pumpkin seeds (pepitas) or pine nuts
½ cup mint leaves, torn
Handful of green or Sicilian olives (optional)
1 red onion, finely sliced
¾ cup feta, crumbled



"This is my new go-to recipe for when I have family or friends over. Very impressive, delicious, and the best part? It's so easy!"

Sarah Walker

Preheat oven to 220°C fan bake or 230°C conventional bake.

Lamb Wellingtons: Heat butter in a pan over a medium-low heat. Add the mushrooms, rosemary, shallots and garlic. Cook, stirring frequently for 20 minutes until everything is very soft and all the liquid has evaporated. Stir through the mustard and season with a little salt and pepper to taste.

Meanwhile, heat a little oil in a frying pan over a very high heat. Trim the lamb rumps of any fat, pat dry with paper towels and season with salt and pepper. Add to the pan (2 at a time) to brown slightly on all sides – only about 30 seconds in the pan in total. Set aside on a wooden board and repeat with the other rumps.

Roll out the pastry on a floured benchtop – it needs to be about ¾ the thickness of a standard sheet, about 2-3 mm. If the pastry is too thick, it won't cook properly by the time the lamb rump is ready.

Press some of the mushroom mixture in a layer around the outside of a lamb rump. Gently place the lamb on a piece of pastry. Brush all the pastry edges with egg mixture and press the ends firmly together to seal.

Place the roll seam-side down on a baking tray lined with baking paper. Brush all over with egg wash, then using a sharp knife, score a series of light cuts in a crisscross all over the top.

Bake in the oven for 12 minutes, then remove the tray from the oven and allow to rest for 8-10 minutes before slicing.

Salad: To make the accompanying salad, mix salad ingredients together with the dressing (see tips) and season with salt and pepper.

To serve: Slice the Wellingtons in halves, thirds or serve whole and arrange on plates with the salad.

Suggested cuts

The following cuts work well in this recipe. See [recipes.co.nz](https://www.recipes.co.nz) for cooking times.



Lamb rump



Lamb backstrap



Beef eye fillet

Tips & tricks

- + A light eater could probably do with half a Wellington, while someone hungry could easily eat a whole one – especially if it's just paired with a salad. For a more substantial meal, you could add chickpeas, beans, or orzo to the salad. Alternatively, serve with garlic bread.
- + To make a simple vinaigrette dressing, whisk ¼ cup olive oil with 2 tablespoons wine vinegar and 1 teaspoon Dijon mustard.

\$7.00
PER SERVE

Scan to watch how to cook
the perfect lamb rump





How to cook the
perfect steak



Steak, Cheese & Onion Melts

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 10 MINS

This is my idea of a steak sandwich taken to the next level. My husband gave this a 10/10 when I was developing the recipe. One of the things that makes it great is the Turkish bread – it has a nice texture and isn't too doughy. This dish suits being a lunch or dinner and you can choose whether to have a sandwich lid or just eat it open with a knife and fork.

Steak

500g Quality Mark sirloin steak

Caramelised onions

25g butter
3-4 brown onions, thinly sliced
1 tablespoon balsamic vinegar
1 tablespoon brown sugar

Mushrooms

3 cloves garlic, crushed
1½ cups sliced button mushrooms
1 tablespoon fresh thyme leaves (or 2 teaspoons dried)
2 cups baby spinach
1 tablespoon Dijon mustard
½ cup finely chopped fresh parsley

To serve

6-8 Turkish buns or rolls
Mayonnaise and/or tomato relish
Baby spinach leaves
8 slices mozzarella or Colby cheese
Sliced gherkins or sandwich pickles (optional)
½ cup chopped chives

Preheat the oven to grill.

Caramelised onions: To make the caramelised onions, heat the butter over a medium-low heat until it froths. Add the onions and cook, stirring frequently for about 20 minutes, until the onion is very soft. Add the balsamic vinegar and brown sugar and cook for another 10 minutes. Season as required.

Beef: Meanwhile, pat the steak dry with a paper towel, brush with oil and season with salt and pepper. Heat a pan over a high heat. Add the steak and cook for a couple of minutes until one side is browned and crunchy. Turn over and cook for another couple of minutes, or until done to your liking (check out recipes.co.nz for timings).

Transfer to a wooden board loosely covered with foil to rest for 5-10 minutes before carving into thin slices across the grain.

Mushrooms: Heat a little oil in a pan over a medium-high heat. Add the garlic, mushrooms and thyme and cook for 5-10 minutes until soft. Add the spinach and cook for another 5 minutes until most of the moisture has been evaporated. Stir through the mustard and parsley, and season as required.

To serve: Lightly toast the Turkish bread and spread with mayonnaise and/or relish. Top with extra spinach leaves and then spoon some mushroom mixture on the base and add the cheese slices. Cook under the grill for a few minutes to melt the cheese, then add some sliced steak, pickles (if using) and top with caramelised onions. To finish, sprinkle with chopped chives. If you like, add a few drops of hot chilli sauce for extra kick!



Suggested cuts

The following cuts work well in this recipe.



Beef sirloin steak



Beef rump steak



Lamb leg steak

Tips & tricks

- ✦ The key to cooking a steak well is having the pan searing hot when it goes in – you want to hear a sizzle. If the pan isn't hot enough, you'll end up stewing it making it tough and rubbery.
- ✦ Resting is a very important step you can't skip if you want a perfect steak – it allows the meat to relax and the juices settle back into the meat, instead of running out all over the place when you cut into it.
- ✦ If you don't want to make your own caramelised onions, you can buy pre-made onion jam or caramelised onions.

Suggested cuts

The following cuts work well in this recipe. See [recipes.co.nz](https://www.recipes.co.nz) for cooking times.



Beef rump steak



Beef sirloin steak



Beef scotch fillet steak

Tips & tricks

- Take the steak out of the fridge 20 minutes before cooking to bring to room temperature. This will ensure even cooking.
- Patting the steak dry then brushing with oil means you get a better crust on the steak. Putting a watery steak into a pan will only encourage steam, which stews the meat.
- If you use lite coconut milk or milk, you may find the sauce doesn't thicken. You can always add 1-2 tsp cornflour mixed with 1 tbsp water to help it along.



\$4.92
PER SERVE

Seared Beef with Thai Red Curry Sauce

SERVES 4-5 PREPARATION TIME 10 MINS COOKING TIME 20 MINS + RESTING TIME

700g Quality Mark rump steak
3 tablespoons mild Thai red curry paste
2 shallots, minced (or ½ onion)
1 clove garlic, crushed
1 teaspoon ground cumin
1½ cups coconut cream or coconut milk
Zest of 1 lime
1 cup Campbell's Real Stock – Salt Reduced Beef (or Chicken)
1 teaspoon sesame oil
3 teaspoons brown sugar
2 teaspoons fish sauce
2 teaspoons fresh lime juice

To serve

Cooked rice
Steamed greens
Chopped fresh herbs – mint, coriander, basil
½ cup roasted peanuts, chopped

Sauce: Mix together the curry paste, shallots, garlic and cumin with ¼ cup of the coconut cream (use a processor if you have one). Heat a heavy based pan over a medium heat, add the curry mixture and stir for 8 minutes until fragrant.

Add the remaining coconut cream, lime zest and stock. Simmer (don't let it boil) for around 15 minutes, or until it's reduced to a pouring sauce.

Beef: Meanwhile, pat the steak dry with paper towels, brush with the sesame oil and season with salt and pepper.

Heat a little oil in a heavy-based frying pan over a high heat. When the pan is very hot, add the steak and cook for 3-4 minutes until one side is browned and crunchy. Turn over and cook for another 3-4 minutes or until cooked to your liking. Transfer the steak to a wooden board or warmed plate, cover loosely with tinfoil and rest for 7-10 minutes before slicing thinly across the grain.

Before serving, add the sugar to the sauce, taste, then add fish sauce and lime juice until the salty and sour flavours are to your liking.

To serve: Arrange the sliced steak alongside the rice and vegies, spoon over the sauce and top with the peanuts and fresh herbs. Alternatively this can be served on top of rice in warmed bowls.

Chelsea's Chilli Con Carne

SERVES 5-6 PREPARATION TIME 15 MINS COOKING TIME 3 HOURS

1kg Quality Mark chuck steak, trimmed and cut into 2 cm pieces
2 onions, finely chopped
3 cloves garlic, minced
1 large carrot, grated
1 stick celery, finely chopped
1½ tablespoons dried oregano
1 tablespoon ground cumin
2 teaspoons ground coriander
2 teaspoons mild smoked paprika
¼ teaspoon chilli powder
1 bay leaf
3 tablespoons tomato paste
½ cup strong coffee
400g can chopped tomatoes in juice
2 cups Campbell's Real Stock - Beef
2 cans mixed beans or kidney beans, drained
2 roasted marinated capsicums, chopped (or use 2 x fresh)
1 tablespoon brown sugar

To serve

Cooked rice
Juice of 1 lime
Sour cream
Fresh coriander leaves

Preheat the oven to 130°C fan bake or 150°C conventional bake.

Beef: Heat a little oil in a large frying pan over a high heat. Add half the beef and fry without stirring until one side of the meat is browned. Stir and brown the other sides. Transfer to a bowl and repeat with the rest of the meat. Cool slightly, then drain off and discard any liquid.

Add another splash of oil to the same pan over a medium heat. Add the onions, garlic, carrot and celery and cook, stirring for 10 minutes until soft. Add the oregano, cumin, coriander, paprika, chilli powder, bay leaf and tomato paste, stir for a few minutes. Add the coffee, tomatoes, stock, beans, capsicum and sugar, combine well and bring to a simmer.

If your pan is ovenproof, cover and bake in the oven for 3 hours, stirring once. Or transfer everything to a covered casserole dish for cooking. See tips for the slow cooker option.

Remove from the oven and season as required.

To serve: Serve over rice with fresh coriander and a dollop of sour cream. To finish, squeeze over the fresh lime juice.



\$5.58
PER SERVE

Tips & tricks

- For something different, ask your butcher for brisket to try with this recipe – I love it. It's one of the less tender cuts of beef, being a working muscle, but is full of flavour and cooked slowly (like in this recipe) it is absolutely divine.
- This dish can also be made in a slow cooker on low for around 6-8 hours – just transfer everything to the slow cooker instead of putting in a casserole dish. Reduce to 1 cup of stock for this method.
- If using beef mince for this recipe, it can all be done in the pan on the cooktop – simmer everything uncovered for 30 minutes to an hour, until reduced to a thick sauce.

Suggested cuts

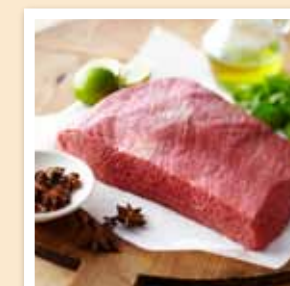
The following cuts work well in this recipe.



Beef chuck steak



Beef or lamb mince



Beef brisket



Warm Lamb, Carrot & Beetroot Salad

SERVES 4-6 PREPARATION TIME 10 MINS COOKING TIME 1 HOUR + RESTING TIME

I call this a salad but it's definitely a meal in itself – halfway between a fresh summery dish and something heart-warming, now that it's starting to get a little cooler. The flavours and textures work beautifully together. I always think beetroot is underrated – it's delicious, affordable, packed with nutrients and such a beautiful colour; a perfect partner for lamb.

2-3 Quality Mark lamb rumps
2 large beetroot
5-6 carrots, peeled and sliced
3 cloves garlic, crushed
2 red onions, quartered
2 tablespoons sesame seeds
2 teaspoons poppy seeds
1 tablespoon honey, melted
1 cup risoni/orzo, or couscous, cooked
2 cups baby spinach

Dressing

2 tablespoons oil
1 tablespoon red or white wine vinegar
1 teaspoon honey
1 teaspoon Dijon mustard
2 tablespoons finely chopped mint

To serve

¾ cup feta, crumbled
½ cup pine nuts, toasted (optional)
Extra mint leaves

Preheat the oven to 180°C fan bake or 200°C conventional bake.

Salad: Cut the top and tail off the beetroots and wrap in tinfoil. Place in the oven and bake for an hour.

Add the carrots to a roasting dish with the garlic, onions, sesame seeds, poppy seeds, honey and 1 tablespoon oil. Mix it all up to coat evenly and season generously with salt and pepper. Bake in the oven along with the beetroot for the last 30 minutes. Remove everything and set aside.

Increase the oven temperature to 200°C fan bake or 210°C conventional bake.

Lamb: Season the lamb rumps with salt and pepper. Heat a little oil in a frying pan over a high heat. Add the lamb, fat side down, and cook for a few minutes until browned and crispy, and most of the fat is rendered out. Turn over and cook for another couple of minutes to brown the other side. Transfer to a roasting pan and roast in the oven for 13-15 minutes for medium. Remove from the oven, cover loosely with foil and rest for at least 10 minutes before slicing thinly across the grain.

Dressing: To make the dressing, whisk the ingredients together and season to taste. Mix the spinach and cooked risoni/orzo or couscous in a bowl with half the dressing.

To serve: Rub the skin off the beetroot with your fingers and slice into thin wedges. Season with salt and pepper. Spoon some risoni/orzo/couscous mixture on to plates or bowls, then top with roasted veges, beetroot and sliced lamb. Sprinkle with the feta, pine nuts and extra mint then drizzle with a little more dressing.



"This salad is packed full of flavour and the colours are so vibrant. The lamb really stands out too, so tender!"

Sophie Pascoe

Suggested cuts

The following cuts work well in this recipe.



Lamb rump



Lamb leg steaks



Lamb rack

Tips & tricks

- + Take the lamb out of the fridge about 20 minutes before you cook it so it can come to room temperature, allowing it to cook evenly.
- + Make sure the pan is very hot before you add the lamb, or it will stew instead of sear.
- + I like to leave the layer of fat on the lamb rump when I cook it – it adds flavour and moisture. You can always cut it off before you slice it.
- + If you don't have pine nuts, try pistachio nuts, or you could fry torn up pieces of bread in a little olive oil and salt for homemade croutons.



Win

Be in to win a year's supply of Quality Mark beef and lamb.

Simply fill in the blank to be in to win.

'Tough Standards. _____ Results.'

➔ TO ENTER

Visit facebook.com/newzealandbeefandlamb and click on the competition app. Alternatively, email 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 26th May 2014. Beef + Lamb New Zealand Inc. will make the final decision on 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, see the competition app at facebook.com/newzealandbeefandlamb.

TOUGH
STANDARDS

Tender
RESULTS

Best of
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BEEF & LAMB

Certified Quality

BEEF + LAMB
NEW ZEALAND

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Price per serve based on food prices February 2014.