

Ngā Mīti - He Kai Reka!

EASY MEAL IDEAS FOR GETTING MORE IRON



Ka tū te pātaka
kai a Rēhua
he toki kei runga,
he toki kei raro
Mauri Ora

The store house of
Rēhua stands forth
Partake in his bounty
and be well!



KIA ORA

As a chef, I love my kai. As well as wanting good taste, I also need it to be safe, convenient, healthy and value for money. The recipes in this booklet are a combination of all these things, offering wholesome meals for all the whānau.

We have the best beef and lamb in the world here in Aotearoa, so enjoy these recipes, using a range of different cuts. Some need long, slow cooking like the hāngi; others, such as stir-fry, are quick and easy when time is short. And there's always something new to do with mince – why not try the kūmara loaf?

Above all, enjoy.

Happy cooking!

Rex Morgan
Te Arawa, Ngāi Tahu

LOW FAT COOKING TIPS:

Trim visible fat off beef and lamb before cooking.

Cook without adding fat. Use methods such as grilling, stir-frying or roasting on a rack.

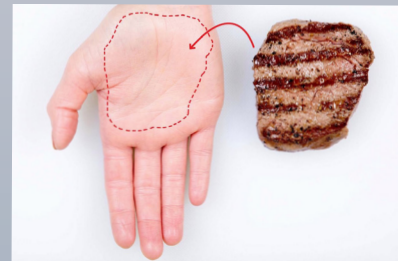
It's worth investing in a non-stick frying pan so you use less oil. Remember to use plastic utensils with a non-stick frying pan.

When using mince, dry fry in the pan first and drain off any fat. Alternatively, boil mince in hot water, then drain and discard the fat and water. This can also be done with brisket and stewing steak for casseroles or boil-ups.

LOW COST TIPS:

Always enjoy plenty of vegetables. Try to buy what's in season, although frozen and canned are good too.

Look for specials; buy extra meat when on special and freeze to use later (defrost by putting in the fridge the night before use).



PALM PORTION:

A serving of cooked meat is 120g per adult. This is roughly the size and thickness of the palm of your hand.

IDEAS TO INCREASE IRON INTAKE

Why do we need iron? Iron is essential for good health and well-being. It helps carry oxygen to the brain and muscles, keeping us physically and mentally strong.

Iron is found in a number of foods, and is found in two forms: haem and non-haem. The body absorbs haem iron more easily.

EAT FOODS HIGH IN:

Haem iron - beef, lamb, liver, pork, poultry, seafood.

Non-haem iron - vegetables, bread, breakfast cereals, oats, beans and lentils, eggs, nuts, fruit. Combine them with haem iron foods to boost absorption.

Vitamin C - fruit and vegetables eaten with every meal boost non-haem iron absorption.

Follow these easy steps to increase your iron intake:

BREAKFAST

A glass of fruit juice or fresh fruit such as kiwifruit will boost iron absorption from foods such as cereal, toast and peanut butter.

TIP: Avoid tea and coffee with your meals as they reduce absorption of non-haem iron.



LUNCH

Lean red meat is a rich source of iron. Red meat will also help your body absorb up to four times more iron from vegetables and bread. Vitamin C in an orange or tomato helps further still.

TIP: Rather than having fruit as a snack have it with your lunch to maximise iron absorption.



DINNER

A lean beef and vegetable stir fry with brown rice makes a delicious iron-rich meal. Or try boil-up with brisket, kūmara, potato and silverbeet.

TIP: Fruit desserts such as fresh fruit salad, stewed dried fruit or fruit crumble will help to increase both the iron content and absorption from the meal.



GUIDE TO CHOOSING THE RIGHT MEAT FOR YOUR WHĀNAU

TODAY'S BEEF CUTS



RUMP STEAKS



MINCE



CORNE SILVERSIDE



CHUCK STEAKS



BRISKET



BLADE

TODAY'S LAMB CUTS



LEG CHOPS



NECK CHOPS



SHOULDER CHOPS



LEG

KEY

- Low Cost
- Best cooked long and slow
- Fast to cook

Tasty, low cost, easy
recipes for the
whole whānau to enjoy.



BEEF & VEGE CASSEROLE

Serves 6 | Time to make: 30 minutes preparation, 2 hours cooking

INGREDIENTS

650-750g beef chuck or blade
steak, trimmed and cut into
2cm cubes
1 Tbsp oil
1 large onion, peeled and
chopped
4 cups of diced veges e.g.
celery, carrots, courgettes,
kūmara
2 cloves garlic, crushed
2 tsp mixed dried herbs
2 Tbsp soy sauce
½ cup tomato sauce
1 beef stock cube (or 1 tsp beef
stock powder) dissolved in 1
cup of hot water
1 400g can of tomatoes
1 tsp cornflour
3 Tbsp cold water

Potatoes and green veges

METHOD

1. Preheat oven to 180°C.
2. Brown meat in a hot frying pan with oil then transfer to a casserole dish. Add onions, diced vegetables and garlic.
3. Mix herbs, soy sauce, tomato sauce, canned tomatoes and beef stock together and pour over meat.
4. Place in oven and cook for 1¾ hours.
5. Mix cornflour with cold water, add to casserole and stir to thicken. Cook for a further 15 minutes.
6. Serve with baked potatoes and green veges e.g broccoli, beans or peas.

Slower cooking methods are best suited to cheaper cuts of beef and lamb. Here blade or chuck steak is cooked in the oven, offering the perfect cost-saving opportunity to cook some baked potatoes at the same time.



QUICK BEEF CURRY

Serves 6 | Time to make: 30 minutes preparation, 2½ hours cooking

INGREDIENTS

650-750g beef chuck, blade or rump steak, trimmed and cut into large chunks
 1 large onion, peeled and chopped
 2 cloves garlic, crushed or 1 Tbsp crushed garlic
 1 Tbsp minced ginger
 2 Tbsp medium curry powder
 2 tsp cumin
 ½ tsp cinnamon
 2 Tbsp water
 1 beef stock cube (or 1 tsp beef stock powder) dissolved in 1 cup of hot water
 4 cups peeled, cubed kūmara
 1 400g can of tomatoes
 1 400ml can of light coconut milk
 400 - 500g frozen beans
 brown rice

METHOD

1. Fry the onions, garlic and ginger gently in a spray of oil for 2-3 minutes.
2. Add meat, stirring to brown.
3. Mix dry spices together and add water to make a paste. Add paste to fry pan.
4. Then add all remaining ingredients except beans and rice. Bring to the boil, and then reduce heat to very low. Cover and simmer for about 2 hours* or until the meat is tender (the longer you cook it, the more tender the meat will become). Stir occasionally so mixture doesn't stick to base of pot and burn.
5. Add frozen beans and cook for another 15 minutes. Serve with brown rice.

**If using a crockpot, cook on low for 6-8 hours.*

To make your steak extra tender, pound it or marinate with kiwifruit.



OVEN HĀNGI

Serves 6 | Time to make: 30 minutes preparation, 3 hours cooking

INGREDIENTS

2 x brisket (cut all visible fat off)
 4 x lean lamb / hogget shoulder chops, trimmed
 Bunch of parsley
 2 celery stalks, diced
 2 carrots, unpeeled diced
 ¼ pumpkin, peeled and cut into medium sized pieces
 4 potatoes, unpeeled, cut into medium sized pieces
 ½ cabbage, shredded
 1 bunch watercress
 1 cup of water
 1 beef stock cube (or 1 tsp beef stock powder) dissolved in 1 cup of hot water

METHOD

Prepare this meal in a roasting dish with a tight fitting lid or cover with a double layer of tinfoil - seal well.

1. Pre-heat oven to 180°C.
2. Sprinkle the parsley, celery and carrots into the dish. Lay the trimmed briskets on top, followed by the lamb shoulder chops.
3. Add pumpkin and potatoes, with cabbage and watercress on top.
4. Pour over stock. No salt is needed.
5. Cover the dish and cook in a moderate oven for 3 hours. Check to see if cooked after 2½ hours*.
6. Serve with coleslaw, made

**If using a crockpot, cook on low for 6-8 hours.*



CORNER BEEF and PŪHĀ

Serves 6 | Time to make: 15 minutes preparation, 3 hours cooking

INGREDIENTS

- 1.5kg corned beef silverside
- 2 onions peeled and cut in wedges
- 1 tsp mustard
- 2 Tbsp vinegar
- 2 Tbsp brown sugar or golden syrup
- 4 cups of water
- 6 potatoes, washed and cut in half (leave skins on)

- 3 carrots, peeled and quartered
- 1 handful pūhā

METHOD

1. Rinse beef in cold water.
2. Place onions in a large saucepan and stand beef on top.
3. Mix together mustard, vinegar, brown sugar and water, and pour over beef. Bring to the boil, then cover and simmer gently for 2-2½ hours until tender.
4. Take a handful of pūhā and wash in 3-4 lots of water to make sure pūhā is clean. Squeeze or rub the stalks to help remove the bitterness.
5. When beef is partially cooked, add pūhā then potatoes and

Use leftover corned beef in sandwiches the next day.



BEEF STIR FRY

Serves 6 | Time to make: 15 minutes preparation, 30 minutes cooking

INGREDIENTS

- 600g lean beef schnitzel or rump, trimmed and cut in strips
- 2 Tbsp garlic
- 1 onion, peeled and sliced
- 1 cup thickly sliced mushrooms
- 1 green or red pepper, seeded, cut into chunks
- 2 carrots, thinly sliced
- 1 cup chopped broccoli

METHOD

1. Heat dash of oil in frying pan. Cook □ of meat for 2-3 minutes, until brown. Remove from pan. Repeat twice with rest of beef until all cooked.
2. Add another dash of oil to a clean pan. Add garlic and all vegetables. Stir fry for 5-6 minutes or until vegetables are cooked but still firm. Add meat strips and stir fry for another minute or so to heat through.
3. Add a Kinaki Reka sauce (see below).
4. Serve with rice, udon or vermicelli noodles.
5. Try other vegetables when in season, i.e. snowpeas, celery, courgette.

Tip: When in a hurry, a packet of frozen stir fry vegetables and a jar of stir fry sauce added to cooked beef strips makes a super easy meal!

Try any of the following Kinaki Reka sauces to add flavour to your stir fry:

- 1 Tbsp peanut butter and 1 Tbsp sweet chilli sauce
- 1 tsp crushed ginger, 1 tsp crushed garlic, 1 tsp honey
- □ cup salt-reduced soy sauce, 3 tsp crushed ginger, 3 Tbsp black bean sauce, 1 tsp honey



BEEF & VEGETABLE KEBABS

Serves 6 | Time to make: 40 minutes preparation, 15 minutes cooking

INGREDIENTS

600g trimmed beef rump steak
cut into cubes
Any combination of vegetables,
chopped into bite-sized
pieces: onion, courgettes, red,
yellow or green capsicums,
tomatoes, mushrooms
2 cups long grain rice, cooked

Hummus

½ can chickpeas, drained
Juice of 1 lemon
2 Tbsp of peanut butter
1 clove garlic, peeled and finely
chopped
1 tsp ground cumin
1 Tbsp canola oil

Tips:

- **Lamb can be used instead of beef in this recipe.**
- **These can be eaten for lunch or dinner.**
- **Great on the BBQ!**

METHOD

1. If using bamboo sticks, soak them in water for about 30 minutes prior to cooking to prevent burning.
2. Thread alternate beef pieces and vegetables onto the kebab sticks, leaving 4cm at the end so they can be picked up easily.
3. Preheat grill. Place kebabs on a lightly-oiled baking tray and grill for 8-10 minutes or until meat is cooked. Turn to ensure even cooking. Serve with rice and a dollop of hummus.

Hummus

1. Blend all ingredients together using blender or fork. Add extra water or lemon juice to get to the desired consistency.
2. Cover with glad wrap and



BEEF FAJITAS

Serves 6 | Time to make: 15 minutes preparation, 15 minutes cooking

INGREDIENTS

600g beef strips
1 tsp ground cumin
1 tsp paprika
1 Tbsp olive oil
1 lime
Tortillas
1 red onion, diced
1 red capsicum, sliced
1 lettuce, shredded
1 avocado
Tomato salsa
Lite sour cream
Grated cheese

METHOD

1. In a snap-lock plastic bag or large bowl, toss the beef, cumin and paprika.
2. Preheat a non-stick pan to moderately-hot. Spray the pan with oil.
3. Remove the beef from the bag and cook in 3 batches. Cook the first side until moisture appears on the uncooked side, turn and cook the other side. Remove each batch and set aside.
4. Return all the beef to the pan, stir to warm and add the juice of a lime over the beef. Remove the beef from the pan immediately.
5. Serve with warmed tortillas, vegetables and your choice of tomato salsa, lite sour cream, and/or grated cheese.

Best beef cuts for stir-frying: scotch, fillet, sirloin, schnitzel or rump. You can also add a little soy or grated ginger for flavour. Use your fingers to massage flavour into meat strips. You can also add a can of Mexican-flavoured pinto beans.



EASY MINCE

Serves 4-6 | Time to make: 20 minutes preparation, 20 minutes cooking

INGREDIENTS

500g lean beef or lamb mince
1 Tbsp oil
1 onion, finely chopped
1 Tbsp minced garlic
½ cup of tomato sauce, tomato paste or pasta sauce
1 tsp mixed herbs

METHOD

1. Cook onion in oil on moderate heat until just beginning to colour. Add garlic, cook for a further 1-2 minutes.
2. Add mince, stirring constantly until well browned. Stir regularly to break up the mince. Drain off excess liquid.
3. Stir in tomato sauce, tomato paste or pasta sauce and herbs.

Beef or lamb mince is a great stand-by to have at home. It can be used in a variety of different ways. The following three mince recipes start with this "easy" mince recipe.

When using mince, dry fry in the pan first and drain off any fat. Alternatively, boil mince in hot water, then drain and discard the fat and water.



KŪMARA LOAF

Serves 6 | Time to make: 20 minutes preparation, 1 hour cooking

INGREDIENTS

1 x EASY MINCE (page 15)
1 beaten egg
1 medium kūmara or 1 large potato, grated
1 medium carrot, grated
1 medium courgette, grated
2 Tbsp toasted wholemeal breadcrumbs
Optional: mushrooms, sweet chilli sauce, pūhā and silverbeet.

METHOD

1. Preheat oven to 180°C
2. Mix Easy Mince, egg and grated vegetables.
3. Mould into a lightly greased loaf tin and sprinkle breadcrumbs on top.
4. Bake for 45 minutes.
5. Serve with a side of salad.



SPAGHETTI BOLOGNAISE

Serves 6 | Time to make: 10 minutes preparation, 20 minutes cooking

INGREDIENTS

- 1 x EASY MINCE (page 15)
- 1 400g can of chopped tomatoes
- 1 cup of frozen vegetables
- 1 cup carrots, courgettes and broccoli, chopped

METHOD

1. Mix Easy Mince with tomatoes and vegetables.
2. Cover and simmer for 15-20 minutes.
3. Boil 500g of spaghetti while mince is simmering.
4. Serve mince on spaghetti with salad.
5. Optional: Sprinkle over grated parmesan or edam cheese.



COTTAGE PIE

Serves 6 | Time to make: 20 minutes preparation, 1 hour cooking

INGREDIENTS

- 1 x EASY MINCE (page 15)
- 1 carrot, peeled, diced
- 1 large celery stalk, finely chopped
- 1 beef stock cube (or 1 tsp beef stock powder) dissolved in 1 cup of hot water
- 2 tsp soy sauce
- 1 cup frozen mixed vegetables
- Potato mash**
- 2 medium potatoes, peeled, chopped
- 2 medium kūmara, peeled, chopped
- Bunch of pūhā
- ¼ - ½ cup reduced fat milk, warmed

METHOD

1. Pre-heat oven to 180°C.
2. Combine Easy Mince with carrot and celery, stock and soy sauce. Cook for 15 minutes or until vegetables are tender. Cook potatoes and kūmara for mash.
3. Remove mince mixture from heat and stir in frozen mixed vegetables. Transfer to a

medium-sized deep baking dish.

4. Top with potato mash. Bake for 20 to 25 minutes or until piping hot and golden brown.

Potato mash

1. Place potatoes and kūmara in a saucepan. Cover with cold water and bring to the boil over a high heat. Reduce heat to medium.
2. Take a large handful of pūhā and wash in 3-4 lots of water to make sure it is thoroughly clean. Squeeze or rub the stalks to help remove the bitterness. Add the pūhā to the potatoes and kūmara.
3. Cook uncovered for 15 to 20 minutes or until tender. Drain. Shake pan over low heat for 2 minutes to dry potatoes. Add milk and mash until smooth.



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