

free

Be inspired with beef and lamb

# meat

Issue 24 Autumn

## What's Cooking?

**CAN'T FIND A  
MEAT CUT?**

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to help

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TO WIN**



DELICIOUS RECIPES FOR THE WHOLE FAMILY TO ENJOY.

*Check out [recipes.co.nz](https://www.recipes.co.nz) for loads more meal ideas.*



### KATHY'S COOKING TIP

Resting cooked beef and lamb is vitally important for tender and succulent meat.

## BEHIND THE SCENES IN OUR TEST KITCHEN

We stand true to our word, that every recipe ever printed in mEAT magazine, has been tested, tasted, tweaked and tested again to deliver a healthy and delicious meal for all our loyal supporters.

Our innovative recipe writer Kathy Paterson develops, tests and writes each recipe adhering to nutritional guidelines, without compromising on flavour or ease of cooking. We include a good selection of beef and lamb cuts such as budget friendly mince or chuck steak, and of course those special occasion cuts - lamb rack and beef eye fillet.

Check out bosch products  
[bosch-home.co.nz](http://bosch-home.co.nz)

Once Kathy has written the recipes the team at Beef + Lamb New Zealand have the exciting task of testing the recipes too. Many of our team have kids of their own, so we ensure there are plenty of child friendly recipes. Feedback on all recipes is given to Kathy, and then finally our favourite day; the mEAT magazine photoshoot.

Kathy is pictured here in the Beef + Lamb New Zealand head quarters kitchen using the Bosch induction cooktop to brown lamb rump for the Lamb Quinoa Salad on page 10. The Bosch induction cooktop has an automatic temperature control which allows her instant heat, achieving optimal results.



**BOSCH**  
Invented for life



**W**e've been waiting patiently to bring you our latest issue of mEAT Magazine, as this one is a feast for the eyes and stomach. The vibrant colours brought in by the late summer vegetables will have the whole family looking forward to meal time. We've taken global inspiration and included dishes inspired from Vietnam, India, Mexico and the UK. Introducing dishes from different cultures is a great way to inspire your cooking and try new flavours and cuts.

If you want to make the most of the warm weather before the cold sets in why not pack a picnic basket and include the Pasties on page 9. A huge hit with the kids, don't be surprised if they become a regular request. The Vietnamese Rice Paper Rolls on page 5 are fresh and bursting with flavour. A great choice if you'd like to get the whole family involved in the making of them because cooking is always more enjoyable shared, right?

If you're planning on entertaining but don't want to spend hours in the kitchen, our Slow-Cooked Shoulder of Lamb on page 14 is prepared in 30 minutes, then slowly cooked to perfection. A colourful dish combining rosemary and oregano-infused lamb shoulder with a medley of vegetables that will be sure to impress your guests.

Don't forget to check out the back page competition for your chance to win one of two Bosch Mum5Pro Kitchen Machines. This competition proved so popular last year, we've decided to bring it back again.

And, as always, we'd love to hear from you. If you have any feedback on this issue of mEAT Magazine please get in touch using the contact details on the back page. In the meantime, enjoy and happy cooking.

*The team at Beef + Lamb New Zealand*

**BEEF + LAMB**  
**NEW ZEALAND**

## KIDS LOVE VEGES?

Allow your kids to choose the vegetables they want to eat from what's on offer - they might surprise you!



# Vietnamese Rice Paper Rolls

MAKES ABOUT 20 PREPARATION TIME 40 MINS COOKING TIME 6-8 MINS

*Fresh and bursting with flavour, these beef and vegetable packed rice paper rolls won't disappoint. The dipping sauce combines sweet and spicy flavours, complementing the tender beef perfectly.*

## Beef

2 x 200g Quality Mark sirloin steaks (2-2.5cm thick)

## Dipping sauce

1 clove garlic, crushed  
1 red chilli, deseeded and finely chopped  
1 spring onion, trimmed and finely chopped  
1 tablespoon each of chopped coriander and mint leaves  
1 tablespoon soft brown sugar  
4 tablespoons fish sauce  
2 tablespoons rice vinegar  
finely grated zest and juice of 1 lime  
1 tablespoon roasted and skinned peanuts, optional

## Filling

100g rice vermicelli  
2 carrots, peeled and cut into thin strips  
2 stalks celery, strings removed with a peeler and cut into thin strips  
1 Lebanese cucumber, cut lengthwise, seeded and cut into thin strips  
3-4 spring onions, trimmed and cut into thin strips  
100g snowpea shoots or mung bean sprouts  
iceberg or cos lettuce leaves, finely shredded

## Rolls

1 packet rice paper (16cm rounds or larger if you find easier to work with)  
about 20 mint leaves and 20 coriander leaves

Preheat the barbecue grill until hot.

**Beef:** Rub steaks with a little oil, season and place on the hot grill. Grill for 3 minutes then turn over and grill for a further 3 minutes for medium-rare beef. Remove from the grill and place on a plate. Cover loosely with foil and leave to rest and cool.

**Dipping sauce:** Combine all the ingredients in a bowl. Cover and set aside to allow the flavours to mingle.

**Filling:** Place the vermicelli in a bowl and cover with boiling water. Leave for 5 minutes or until soft, then drain and rinse with cold water. Drain again before using kitchen scissors to snip into smaller pieces, to make vermicelli simpler to work with.

**Rolls:** Cut steaks across the grain into thin slices. To assemble – dip 1 sheet of rice paper into a bowl of warm water, removing it when soft – after about 1 minute. Place on a clean, dry tea towel on the bench. The rice paper will be pliable and easy to roll.

Place a coriander and mint leaf on the rice paper then a slice of steak followed by a tablespoon of filling on top (be careful not to overfill). Turn in the sides and carefully roll up into a cigar shape, making sure that the coriander and mint leaves are visible.

**To serve:** Place on a serving plate covering with damp kitchen paper as you go, along with a small bowl of the dipping sauce. Repeat the assembly process to make more rolls.

## Suggested cut



Quality Mark sirloin steak

The following cuts also work well in this recipe.



Quality Mark scotch fillet



Quality Mark eye fillet steak

## Tips & tricks

- + Rolls will keep for a few hours in the fridge, but need to have space between them so they don't stick to each other – a mistake you will only make once! Cover with damp kitchen paper and a lightly dampened clean tea towel to prevent drying out.
- + Vietnamese rice paper rolls are perfect for lunch in the weekends and holidays. Put all the prepared ingredients out on a table and place 2-3 large bowls of warm water around to soften the rice paper. Let everyone make up their own versions of the rolls to eat.

# Lamb Biryani

SERVES 4 PREPARATION TIME 1 HOUR MARINATING COOKING TIME 2 HOURS

## Suggested cut



Quality Mark diced lamb shoulder, leg or rump

## Tips & Tricks

- + Rice can be cooked ahead of time and left to drain in a sieve. Cover and place in the fridge.
- + **Green yoghurt sauce** - in a food processor, place 1 cup well-packed mixed greens, such as mint, rocket, parsley, watercress, sliced spring onion. Add ½ cup plain, unsweetened yoghurt and season. Process until smooth, adding a squeeze of lime or lemon juice and salt.
- + Choose diced lamb with very little fat, or remove if necessary.

### Lamb

- 500g Quality Mark diced lamb shoulder
- ¼ cup plain, unsweetened yoghurt
- 1 clove garlic, crushed
- 1 green chilli, deseeded and finely chopped
- 1 teaspoon ground cumin
- ½ teaspoon garam masala
- ½ teaspoon ground turmeric
- ½ teaspoon dried chilli flakes or ¼ teaspoon cayenne pepper
- 2 tablespoons vegetable oil
- 2 medium onions, finely sliced
- 1 cup beef stock
- 6 baby potatoes, scrubbed
- ¾ cup white or brown basmati rice, washed and cooked
- 25g butter
- 2 tablespoons shredded almonds
- 2 tablespoons sultanas or raisins

**Lamb:** In a large ceramic bowl, place the yoghurt, garlic, chilli and spices and stir to combine. Add the diced lamb and toss to coat in the mixture. Cover and set aside in a cool place to marinate for about 1 hour.

Preheat the oven to 170°C.

Place a frying pan over low heat, add the oil and gently heat. Add the sliced onion and cook until golden, about 10 minutes. Transfer to a bowl and set aside. Increase the heat to medium-high, add the lamb in batches and brown on both sides, transferring to a casserole dish as you go. Add the remaining marinade and cook for 20 seconds. Add the beef stock, bring up to the boil, then place in the casserole dish with the lamb and half of the cooked onion. Add the potatoes and season with salt. Cover and place in the oven to cook for 2 hours.

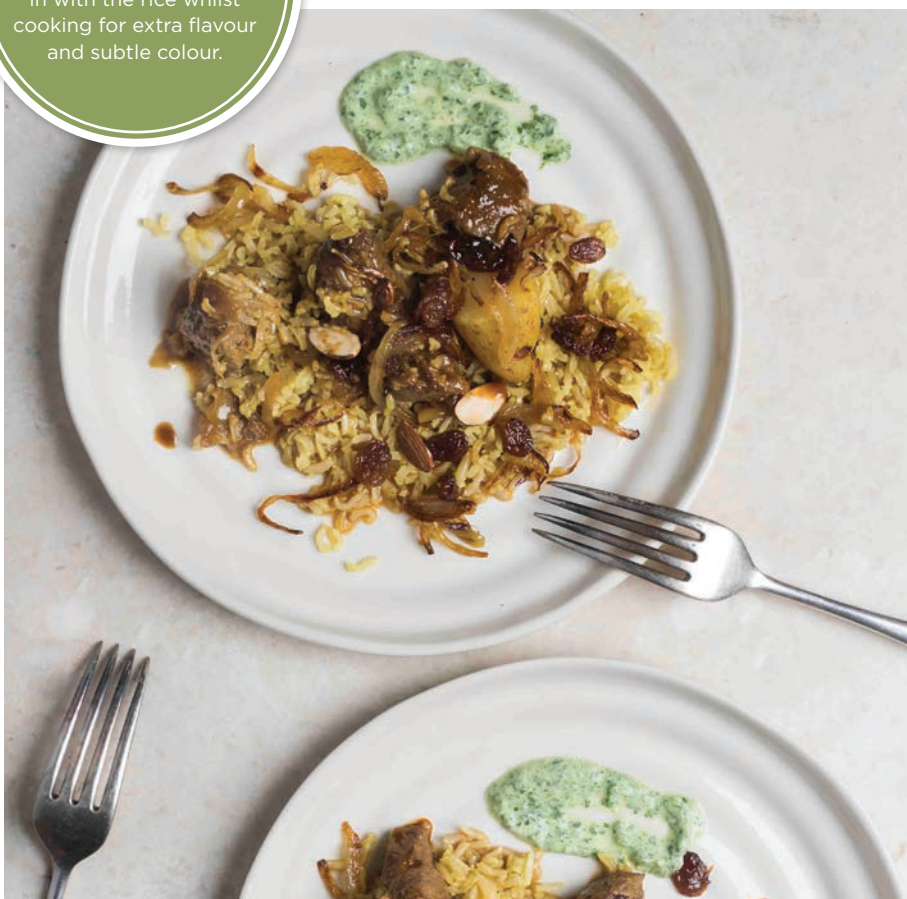
Remove from the oven and stir through half of the cooked rice. Sprinkle the remaining rice on top - return to the oven to heat the rice, if cooking rice ahead of time.

**To serve:** Melt the butter in a small frying pan and add the almonds and sultanas. Cook, stirring with a wooden spoon until golden. Add the remaining cooked onion and stir to heat. Scatter over the lamb and rice.

Serve lamb biryani with steamed green beans and a green yoghurt sauce, see tips.

### COOKING TIP

Add a pinch of NZ saffron in with the rice whilst cooking for extra flavour and subtle colour.





## Beef Quesadillas

SERVES 4 PREPARATION TIME 45 MINS COOKING TIME 2-3 MINS FOR EACH TORTILLA

### Beef

500g Quality Mark beef mince  
 1 onion, finely chopped  
 1 tablespoon chopped fresh oregano leaves  
 1 cup fresh breadcrumbs  
 1 teaspoon dried oregano  
 ½ teaspoon ground cumin  
 1 egg  
 2 tablespoons olive oil

### Tomato salsa

3 large ripe tomatoes, core removed  
 2 spring onions, trimmed and finely chopped  
 1 chilli, deseeded and very finely sliced  
 finely grated zest and juice of 1 lime  
 1 small handful coriander leaves, torn if large

### To serve

6 small tortillas  
 1 large ripe avocado, flesh mashed with a fork (season with a squeeze of lemon juice, salt and pepper)  
 1½ cups grated cheese  
 1 lime for squeezing

**Beef:** Mix the beef mince, onion, fresh oregano, breadcrumbs, dried oregano, cumin and egg together in a bowl. Season with salt and freshly ground black pepper. Divide the mixture into 16 even-sized balls then press to form flat patties, place on a tray, cover and place in the fridge.

**Tomato salsa:** Dice the tomatoes and place in a bowl. Add the spring onion, chilli, zest and juice of lime and coriander leaves. Season to taste.

**To serve:** Remove beef patties from the fridge. Heat the oil in a large frying pan over medium heat and cook the patties in batches for about 5 minutes, turning once until cooked through. Transfer to a plate as you go. Wipe out the frying pan with kitchen towel and place back over the heat.

Lay a tortilla on the bench and spread with the mashed avocado. Scatter over the cheese. Place 2-3 beef patties on each and finish with the tomato salsa. Fold in half.

Slide filled tortilla into the frying pan, in batches, and cook for 2-3 minutes, turning once until the tortilla is crisp.

Serve with lime for squeezing.

## Suggested cut



Quality Mark beef or lamb mince

## Tips & tricks

- + Gently cook the onion to soften for the beef patties. Allow onion to cool before adding to the beef mince.
- + Add chargilled long, thin slices of zucchini. Or chargill red and yellow capsicum halves, then slice thinly.
- + Beef mince patties can be cooked on the barbecue or in a frying pan.
- + No tortillas? Use beef patties in hamburger buns, pita breads or wrapped in lettuce leaves.

### CUISINE TIP

Enjoy the taste of Mexico in your own home. Introducing a different cuisine is a great way to introduce new flavours to your everyday cooking.

## Suggested cut



Quality Mark rump steak

The following cuts also work well in this recipe.



Quality Mark scotch fillet



Quality Mark sirloin steak

## Tips & tricks

- + Cut steak and potatoes into the same size to ensure even cooking.
- + Chill pastry before cooking for 20-30 minutes to help pastry retain its shape during cooking.
- + Shortcrust pastry can be folded and rolled out again and used for another purpose. Keep chilled in the fridge.

## Picnic Pasties

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 35-40 MINS

*Crispy shortcrust pastry filled with rump steak is the perfect addition to any meal. Delicious hot or cold, we love taking them on a picnic. Don't forget to pack the herb sauce for the adults.*

### Beef

- 250g Quality Mark rump steak, cut into small cubes
- 2 small waxy potatoes, peeled and cut into small cubes
- 1 onion, peeled and finely diced
- 1 tablespoon Worcestershire sauce, optional
- 4 sheets of pre-rolled savoury shortcrust pastry
- 1 egg, lightly beaten for egg glaze
- 1 tablespoon roughly chopped flat leaf parsley, to sprinkle

### Herb and vinegar sauce

- 1 cup firmly packed flat leaf parsley leaves
- 1 cup firmly packed basil leaves
- ¼ cup capers, drained
- 1 teaspoon Dijon mustard
- 2 tablespoons white wine vinegar
- ¼ cup olive oil
- 2-3 anchovy fillets, drained of oil
- 2 cloves garlic, crushed

Preheat the oven to 190°C. Line a baking tray with baking paper.

**Beef:** In a bowl, place the cubed rump steak, potatoes, onion and Worcestershire sauce, if using. Season with salt and freshly ground black pepper and mix well to combine.

On a lightly-floured bench, place one pastry sheet. Using a small plate as a guide (about 19cm diameter), cut out a circle. Repeat with remaining pastry sheets.

Divide the filling between each pastry round. Brush the edges with a little egg glaze. Fold over the pastry to cover the filling, forming a half-moon shape. Secure the edges by crimping together.

Place pasties on the tray and brush evenly with egg glaze. Make a small slit in the pastry top to allow the steam to escape. Sprinkle with the chopped parsley. Place in the oven and cook for 35-40 minutes until the pasties are brown and crisp.

**Herb and vinegar sauce:** Place the herbs, capers, anchovy fillets, garlic, mustard and vinegar in the bowl of a small food processor. Process until the herbs are well chopped, then drizzle in the oil through the feed tube. Season with salt and freshly ground black pepper. Place in a small jar or bowl, cover and keep in the fridge.

**To serve:** Everyone take a bite, then fill pasties with a little herb sauce.

### KIDS LOVE EM'

A huge hit with the children that taste tested the pasties. Don't be expecting any leftovers.





## Suggested cut



Quality Mark lamb rump

The following cuts also work well in this recipe.



Quality Mark lamb backstrap



Quality Mark lamb fillet

## Tips & tricks

- + Lamb rumps vary in size. We cooked rumps that weighed about 200g each.
- + Lamb rumps provide an excellent source of iron, zinc, protein and vitamin B<sub>12</sub> as well as being low in fat; a perfect nourishing all-rounder for the family.
- + Add in some crumbled feta to the salad.



## Lamb Quinoa Salad

SERVES 4 PREPARATION TIME 25 MINS COOKING TIME 12 MINS

### Lamb

2-3 Quality Mark lamb rumps,  
trimmed of any silver skin  
2-3 teaspoons ground cumin

### Dressing

1 lemon  
1 clove garlic, crushed  
6 tablespoons olive oil, extra  
virgin olive oil is good here

### Quinoa salad

1 cup white quinoa, well washed  
1 small red onion, finely sliced  
and soaked in cold water for 10  
minutes  
1 teaspoon sumac  
2 Lebanese cucumber, finely  
sliced  
4 small radishes, cut in half  
1 red capsicum, cored, seeded  
and finely sliced  
2 handfuls watercress or baby  
spinach  
1 small handful mint leaves, torn  
1 tablespoon pomegranate  
molasses, optional

Preheat the oven to 190°C. Heat a roasting dish in the oven.

**Lamb:** Heat a frying pan over medium-high heat. Rub lamb rumps with a little oil and the cumin. Season and place in the hot pan and brown on both sides. Transfer lamb to the hot roasting dish in the oven and cook for 10 minutes for pink lamb. Remove from the oven, sprinkle with salt and cover loosely with foil and a clean tea towel and leave to rest for 10 minutes.

**Dressing:** Finely grate the zest of the lemon, cover and set aside. Juice the lemon and place in a screw top jar with the garlic and olive oil. Season and shake well.

**Quinoa salad:** Place the quinoa in a heavy-based saucepan and pour in 2 cups cold water. Place on the heat, cover and bring to the boil. Reduce the heat and simmer for 18-20 minutes until all the liquid is absorbed and the quinoa is light and fluffy.

**To serve:** Drain the red onion and pat dry with kitchen paper. Place in a large bowl and stir through the sumac. Add the quinoa and drizzle in the dressing. Mix with a fork, to keep the quinoa light and fluffy and add the cucumber, radishes, capsicum, watercress or spinach and mint leaves.

Place quinoa salad in 4 shallow serving bowls. Slice the lamb across the grain into thin slices and divide between the bowls. Drizzle with pomegranate molasses, if using and sprinkle over reserved lemon zest.

# Sticky-Glazed Lamb Loin Chops

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 10-12 MINS

## Lamb

8 Quality Mark lamb loin chops

## Marinade

3 tablespoons hoisin sauce  
2 tablespoons runny honey  
2 tablespoons light soy sauce  
1½ tablespoons dry sherry  
½ teaspoon Chinese five spice powder

## Salad

350g green beans, trimmed  
4-6 small radishes, finely sliced or quartered  
1 red capsicum, finely sliced  
2 spring onions, trimmed and finely sliced  
1 handful flat leaf parsley leaves, roughly chopped  
small bunch chives, snipped

## Dressing

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

**Lamb:** Place the marinade ingredients in a bowl and stir to combine. Brush lamb chops with marinade and set aside.

Preheat the barbecue plate until medium-hot.

**Salad:** Steam the green beans until tender. Set aside to cool before placing in a large bowl. Add all the remaining ingredients.

**Dressing:** Place all the ingredients in a screw top jar, season with salt and freshly ground black pepper and shake well.

**To serve:** Place a piece of baking paper or silicone baking sheet on the barbecue (this helps prevent the marinade from just burning). Place on the lamb chops and barbecue for 10-12 minutes, turning once.

Drizzle dressing over the salad and toss to combine. Place in a salad bowl and serve with the lamb chops.

## FEELING FOGGY?

Lamb loin chops provide zinc which is needed for memory, learning and attention.



## Suggested cut



Quality Mark lamb loin chops

The following cuts also work well in this recipe.



Quality Mark lamb leg steaks



Quality Mark lamb rump

## Tips & tricks

- + Try to choose even-sized lamb loin chops so they all cook at the same time.
- + We barbecued lamb loin chops that were 2.5cm thick.
- + If necessary, trim excess fat off loin chops before brushing with the marinade.

## *From the Beef + Lamb New Zealand Nutritionist*

This summer has been one for the record books – thank you weatherman. Bluebird days and an ocean as warm as bathwater; it's tempting to wish summer lasted year-round. The increased daylight hours are cause for activity and many of us will be cramming as much as we can into the short amount of time we have after work is finished and the kids have been picked up. However, all that larking around in the sunshine doesn't leave much time for preparing dinner and it's almost too hot to think about turning on the oven.

That's why we're big fans of double-duty dinners; cook once, eat twice. Take our Beef Quesadillas recipe on page 7. This fun recipe is perfect for a balmy evening dining al fresco with the kids but double the beef ingredients and you'll have a few extra patties for work and school lunches the following day. Simply add to a container with salad or pop inside a pita or a few slices of bread. This method will save you time worrying about the next meal and guarantees a healthy, iron-rich addition to your lunches.

The same rule can apply to our Lamb Quinoa Salad on page 10. It won't take too much longer to make a double portion of the quinoa salad which you can then store in the fridge to nibble at over the next few days. Serve on its own for lunch the next day or with a different protein, like a tender piece of New Zealand steak, the following night. We're all about taking the hassle out of cooking without compromising on taste or nutrition.

Too many of us are run off our feet in the evenings and it can feel like a constant uphill battle to dish up healthy weeknight meals each day, never mind providing the kids and ourselves with a nutritious lunch. The team here at Beef + Lamb New Zealand are like-minded individuals and understand the need for versatile recipes that go beyond the dinner plate.

*Emily Parks*

### MEAT TIP

Leave your steak out of the fridge for at least 20 minutes (in the warmer months) to bring to room temperature before cooking.



## Beef Bowl

SERVES 4 PREPARATION TIME 30 MINS

COOKING TIME 6-8 MINS

*Packed with colourful vegetables, and slices of tender scotch fillet. This is your new salad go-to. The mayonnaise and sesame seed mix add the perfect finishing touch.*

### Beef

2 x 200g Quality Mark scotch fillet steaks (at least 2cm thick, ask your butcher to cut to size)

### Sesame mayonnaise

½ cup mayonnaise  
1 tablespoon rice vinegar  
1 teaspoon sesame oil  
2 teaspoons sesame seeds, toasted

### Salad

1 small cos lettuce, leaves washed and dried  
4 baby beetroot, peeled and very finely sliced (a mandolin is good here)  
2 carrots, peeled and cut into thin strips  
½ telegraph cucumber, diced  
1 ripe, but firm avocado, halved

### To serve

a good handful small basil leaves  
1 tablespoon seed mix (such as poppy seeds, linseeds, sunflower and pumpkin seeds)

**Sesame dressing:** Combine all the ingredients in a bowl. Cover and place in the fridge until ready to use.

Heat a barbecue grill until hot (or a large frying pan over high heat).

**Beef:** Rub the steaks with a little oil and season. Place steaks on the hot grill and grill for 3-4 minutes, then turn over and grill for a further 3-4 minutes for medium steak. Transfer to a plate, cover loosely with foil and leave to rest for 5 minutes.

**Salad:** Shred the cos lettuce and divide between four shallow bowls. Divide the remaining salad ingredients and herbs between each bowl.

**To serve:** Slice the steak across the grain into thin slices. Divide steak between each bowl and sprinkle over basil leaves and the seed mix. Drizzle over the sesame mayonnaise or serve separately.

## Suggested cut



Quality Mark scotch fillet steak

The following cuts also work well in this recipe.



Quality Mark sirloin steak



Quality Mark eye fillet steak

## Tips & tricks

- + Scotch fillet has a higher marbling of fat that gives you a steak full of flavour. Steaks are better on the thicker side - this will give you a good balance between outer crust and an evenly cooked middle.
- + Resting the steak once cooked is one of the most important steps as it enables the temperature to even out and the meat fibres to relax and reabsorb some of the juices.
- + Only use beetroot that is very fresh when eating raw. The striped beetroot (chioggia beetroot) are gorgeous to look at and eat.

# Slow-Cooked Shoulder of Lamb with Late Summer Vegetables

SERVES 6 PREPARATION TIME 30 MINS COOKING TIME 2½ HOURS

## Lamb

- 1.8kg Quality Mark boned shoulder of lamb, shank intact
- 4 sprigs rosemary, leaves finely chopped
- 2 tablespoons roughly chopped oregano or sweet marjoram leaves
- 3 tablespoons olive oil
- ½ cup white wine or white wine vinegar

## Late summer vegetables

- 3 tablespoons olive oil
- 1 eggplant, diced
- 1 red onion, finely sliced
- 2 cloves garlic, crushed
- 2 sticks celery, strings removed with a vegetable peeler and diced
- 1 red and 1 yellow capsicum, cored, seeds removed and diced
- ¼ cup red wine vinegar
- pinch sugar
- 6 ripe tomatoes, skinned, cored and roughly chopped
- 1 tablespoon pitted olives
- 1 tablespoon capers, drained
- a few extra sprigs of oregano or sweet marjoram

Preheat the oven to 160°C.

**Lamb:** Lay lamb flesh-side-up on a chopping board. Spread over the herbs and season with salt and freshly ground black pepper. Drizzle over the olive oil. Tie with kitchen string to secure.

Place the lamb, skin-side-up in a non-metallic oven dish and pour over the wine or vinegar. Pour ½ cup water around the lamb. Cover dish with its lid or make a baking paper and foil lid. Place in the oven and cook the lamb for 2½ hours or until the meat is very tender. Remove lamb from the oven (see tips). Pour the juices into a heatproof jug and remove all the fat once it has settled to the top.

**Late summer vegetables:** Pour the oil into a wide heavy-based saucepan and place over medium heat. Add the eggplant and cook until soft and golden, then add the onion and cook for a further 5 minutes. Add the garlic, celery and capsicum and cook for 5 minutes.

Pour in the red wine vinegar and allow to bubble up. Add a pinch of sugar and the tomatoes. Cook for a further 5 minutes before stirring in the olives, capers and parsley. Season with salt and freshly ground black pepper.

**To serve:** Slice the lamb and place on a warmed platter with the vegetables. Drizzle over hot meat juices. Finish dish with extra sprigs of oregano or sweet marjoram.

## Suggested cut



Quality Mark boned lamb shoulder

The following cut also works well in this recipe.



Quality Mark butterflied lamb leg

## Tips & tricks

- + If the lamb needs browning – place on a grill tray and place under a very hot grill for 2-3 minutes.

# #IAMPROUD

BEEF + LAMB IRON MAIDEN SINCE...

2012

2016

2012

2008

### SHARED DINING?

We think meal time is best enjoyed with others. Serve on a large platter and let everyone take as much as they want.



Win

# Be in to win 1 of 2 Bosch MUM5Pro Kitchen Machines (RRP \$899 each)

When every single one of our appliances makes your life a little bit easier – that's Bosch in every detail.

**To be in to win...**

Tell us your favourite recipe from this issue of mEAT.



The Bosch MUM5Pro Kitchen Machine is a powerful, durable kitchen machine which is easy to use. It is a real all-rounder, which comes with a great range of accessories, including a professional patisserie set (professional beating whisk, professional flexible stirring whisk, kneading hook), a continuous shredder with 5 discs, a mincer, a blender, a citrus press and more.

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Alternatively, email your answer to [recipes@beeflambnz.co.nz](mailto: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 27 April 2018.

Beef + Lamb New Zealand Inc will make the final decision on the winner. 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 [recipes.co.nz](http://recipes.co.nz).



**BOSCH**  
Invented for life

**BEEF + LAMB**  
NEW ZEALAND

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