

## Roast Beef Dinner



**Serves:** 6  
**Prep:** 10 mins  
**Cooking:** 1 hour 20 mins

1.2kg piece sirloin (trimmed of fat)  
1kg baby potatoes, halved  
600g peeled pumpkin cut into 3cm cubes  
1 head garlic, cloves separated  
2 tbsp olive oil  
1 bunch baby carrots, peeled and trimmed  
1 red capsicum, cut into 3cm pieces

Preheat oven to 200°C. Place beef in roasting pan and cook in oven for 1 hour (for medium). Toss potatoes, pumpkin and garlic cloves in olive oil and add to the roasting pan after the beef has been cooking for 20 mins.

Remove beef from the pan and rest in warm place for 20 mins. Add carrots and capsicum to the vegetables in the pan and return to oven for 20 mins.

Once rested, thinly slice beef and serve with the roasted vegetables and steamed green vegetables.

## Roast Beef Sandwich

### Lunch idea

**Serves:** 2  
**Prep:** 10 mins

Mash  $\frac{1}{2}$  avocado with a squeeze of lemon juice and spread on a slice of bread, roll or wrap. Top with leftover pumpkin, red capsicum, thinly sliced leftover beef and baby spinach leaves. Serve with tomato chutney.



## Nutrition

A nourishing lunch helps to boost energy levels and concentration in the afternoon. It should contain a protein food, a grain-based food, vegetables, fruit and a drink.

## Food Safety

- Cook food thoroughly. Make sure there's no pink left in cooked meats such as mince or sausages.
- Cooked roast or steak can be stored in the fridge for up to 3 days. Once cooled, slice the leftover roast or steak immediately and trim any excess fat. Stack slices into a sealable plastic container lined with clean paper towel. Place paper towel between each slice and on top. This will keep the meat fresher for longer.
- Cooked mince, casserole or curry dishes can be stored in the fridge for 2-3 days. After cooking, wait until there is no steam rising from the dish and place in the refrigerator immediately.
- If making lunches ahead of time, such as the night before, keep them in the fridge until leaving for school.
- Pack lunch in an insulated lunch box and include a small freezer brick or add a half-filled bottle of frozen water. Top up the half-filled bottle with cold water before school so there's liquid to drink.
- If the lunch is not refrigerated, it should be discarded if not eaten by the afternoon.

For more great beef and lamb recipes, cooking advice and tips on alternate cuts to use in these recipes, go to [www.themainmeal.com.au](http://www.themainmeal.com.au)

**RED MEAT**  
**Amazing Food**  
[themainmeal.com.au](http://themainmeal.com.au)

# Turn red meat dinners into nutritious lunches.



Packed with 5 essential nutrients to power through the day.

## Lamb Korma Curry



**Serves:** 6  
**Prep:** 10 mins  
**Cooking:** 1 hour

1kg diced lamb (trimmed of fat)  
4 tsp olive oil  
1 brown onion, chopped  
1 medium sweet potato, cubed  
½ cup korma curry paste  
½ cup water  
⅓ cup coconut milk powder or coconut milk  
2 medium zucchinis, sliced  
⅓ cup frozen peas, thawed

Coat lamb in 2 tsp olive oil. Heat remaining oil in the medium saucepan. Add onion and cook over low heat until soft. Remove from heat and add sweet potato.

Heat a large frypan and brown lamb in 200g batches, transferring to the saucepan with the onion and sweet potato when browned. Add curry paste to frypan and cook for 1 minute before adding water. Stir to combine and pour into the saucepan.

Bring the saucepan to the boil. Reduce heat and simmer covered for 45 mins. Add coconut milk powder, zucchini and peas and simmer for 5 mins or until tender. Serve with rice and mango chutney.

## Spaghetti & Meatballs



**Serves:** 6  
**Prep:** 15 mins  
**Cooking:** 30 mins

1kg lean beef mince  
1 onion, grated  
2 tsp dried oregano  
1 medium zucchini, grated  
1 medium carrot, grated  
1 egg, lightly beaten  
2 cups tomato pasta sauce  
2 cups broccoli florets  
400g spaghetti  
parmesan cheese to serve

Place beef, onion, oregano, grated zucchini, carrot and egg in a large bowl. Using hands, mix well and form into small sized balls.

Heat a large non-stick frypan and cook meatballs in batches, over medium heat, until browned and cooked through. Add tomato sauce and bring to the boil. Reduce heat, cover with a lid or foil and simmer for 20 mins. Add broccoli florets for last 2 mins of cooking.

Meanwhile cook spaghetti until tender. Drain and toss together with meatballs. Serve with parmesan cheese.

## Teriyaki Beef Kebabs & Spinach Rice



**Serves:** 6  
**Prep:** 15 mins  
**Cooking:** 30 mins

1 kg beef steak, cut into cubes (trimmed of fat)  
½ cup teriyaki marinade  
sliced vegetables (eg shallots and capsicum), cut to same width as beef cubes  
2 cups steamed brown rice  
250g frozen English spinach, thawed and heated  
2 bunches of asparagus  
6 skewers (soaked if wooden)

Cut steak into cubes. Place in bowl with marinade and toss to combine.

Thread beef cubes onto skewers, alternating with the sliced vegetable pieces. Heat grill or BBQ to hot and cook skewers for 10 mins turning occasionally to evenly cook.

Steam the brown rice and combine with hot spinach. Serve kebabs with rice and asparagus.

## Curried Lamb & Chickpea Salad

Lunch idea

**Serves:** 2 **Prep:** 5 mins

Prepare salad by combining 1 cup drained **canned chickpeas**, sliced **Lebanese cucumber**, halved **cherry tomatoes** and **lettuce leaves**. Remove excess sauce from **leftover lamb pieces** and place on top of the salad. Serve with **mango chutney**.



## Meatball Salad

Lunch idea

**Serves:** 2  
**Prep:** 10 mins

Make the salad by combining **lettuce leaves**, halved **cherry tomatoes**, blanched **broccoli florets**, diced **Lebanese cucumber** and crumbled **feta cheese**. Drizzle with 2 tbs olive oil and 1 tbs vinegar. Place **leftover meatballs** on top of salad and serve.

Alternatively, serve **meatballs** with batons of cut raw vegetables such as **capsicum**, **cherry tomatoes**, **carrot** and **celery**.



## Teriyaki Beef Noodles

Lunch idea

**Serves:** 2  
**Prep:** 5 mins

Soak 200g **shelf-fresh Singapore noodles** in boiling water for 2 mins. Drain. Slice the **leftover beef cubes**, **shallots**, **capsicum** and **asparagus** into bite-size pieces and toss together with noodles and 1 **thinly sliced carrot**. Combine 2 **tbsp sweet chilli sauce** with 1 **tbsp lemon juice** and 1 **tbsp soy sauce**. Drizzle over beef noodle mix.

