

Pump Up Your Iron with MeatMATTERS.com

Iron deficiency is one of the most common nutritional problems in the UK and is caused by a lack of iron in the diet. Recent statistics show that 40% of women under the age of 34 have seriously low intakes of iron and are at risk of anaemia as a result. Symptoms for iron deficiency could include tiredness, palpitations (awareness of heartbeat), shortness of breath and dizziness (fainting).

But MeatMATTERS.com is here to help steer you clear of an iron deficient diet with a gorgeous red meat recipe. Red meat especially beef, can make a positive contribution to your iron intake and it is also reasonably low in calories and fat for anyone watching their waistline this summer. MeatMATTERS.com has created a Spiced **Roast Beef on Rye** recipe which contributes almost a third of the recommended daily amount (RDA) of iron per portion.

Create a succulent roast beef joint by combining smoked sweet paprika, dried crushed red chillies, cayenne pepper and garlic. Make your own healthy horseradish mayo using reduced fat mayonnaise, horseradish sauce and fresh parsley, and serve on dark rye bread with gerkins and salad levels. This really is the fortifying sandwich of the summer!

For more delicious and nutritious recipes visit www.meatmatters.com.

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For more information, recipes and hi-resolution images please contact:

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Spiced Roast Beef on Rye

Feeds: 6
Time to cook: Medium - 25 minutes per 450g/½kg (1lb) plus 25 minutes
Temperature: Gas Mark 4-5, 180°C, 350°F

Take

Lean beef topside joint
Smoked sweet paprika
Dried chillies
Cayenne pepper (optional)
Garlic
Olive oil
Gherkins
Rye bread
Salad leaves
Onion

Horseradish Mayo:

Reduced fat mayonnaise
Horseradish sauce
Fresh parsley

Make

Place a **675-900g (1½-2lb) lean beef topside joint** into a roasting pan lined with foil. Mix together **5ml (1tsp) smoked sweet paprika, 5ml (1tsp) dried crushed red chillies, pinch cayenne pepper, 3 cloves garlic**, squashed and chopped. Sprinkle this over the beef joint and roll in the spices to cover evenly.

Drizzle with **30ml (2tbsp) olive oil** and cook in preheated oven for the calculated time above, eg, 900g (2lb) joint = 75 minutes

When cooked remove the joint and allow to stand for 20 minutes before carving.

Make Horseradish Mayo: Mix together **30ml (2tbsp) reduced fat mayonnaise, 15ml (1tbsp) horseradish sauce, 15ml (1tbsp) fresh parsley**, chopped.



Eat

Take slices of dark rye bread top with sliced gherkins, beef slices and a dollop of mayo and salad leaves. Top with crispy onion rings.