

Celebrate the year of the Ox with MeatMATTERS.com

According to the Chinese Zodiac, 2009 is the Year of the Ox, and what better way to celebrate the turn of the Chinese New Year than to cook up some delicious recipes that will truly tantalise those taste buds! MeatMATTERS.com is packed full of a variety of different and scrumptious oriental recipes for you to try.

The **Oriental Pork Mince with Lettuce and Noodles** uses lean pork mince combined with ingredients such as lime, green chilli and fresh coriander to produce a mouth-watering stir-fry. It only takes 15 minutes to cook, so you can even fit it in as an exciting meal after work!

If that doesn't tickle your taste buds why not try our **Teryaki Beef Skewers with Oriental Salsa**. This recipe is quick, easy and tasty. Ingredients such as root ginger, garlic and red chillies gives it a spicy edge and by using cubed lean beef rump steaks the recipe can be knocked up in less than 15 minutes.

For more exciting recipe ideas visit www.MeatMATTERS.com.

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

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Teriyaki Beef Skewers with Oriental Salsa

Feeds: 4
Time to cook: About 12-15 mins



Take

Lean beef rump or sirloin steaks

Marinade:

Garlic
Root ginger
Honey
Soy sauce
Red chillies
Sesame seeds

Oriental Salsa:

Spring onions
Cucumber
Red chilli
Soy sauce
Sesame oil
Sesame seeds

Make

Marinade: Mix together **2 cloves garlic**, crushed, **2cm (3/4") root ginger**, peeled and grated, **30ml (2tbsp) honey**, **30ml (2tbsp) soy sauce**, **1 red chilli**, seeded and chopped, and **5ml (1tsp) sesame seeds**. Add to **450g (1lb) lean beef rump or sirloin steaks**, cut into cubes, and mix well to coat. Cover and refrigerate for 2-3 hours to let the flavours infuse. Thread the cubes onto skewers. Preheat barbecue or grill and cook for 12-15 minutes turning once or twice.

Oriental Salsa: Mix together **2 spring onions**, sliced, **1/4 cucumber**, cut into strips, **1 red chilli**, seeded and sliced, **15ml (1tbsp) soy sauce**, **15ml (1tbsp) sesame oil** and **5ml (1tsp) sesame seeds**. Serve with the skewers.

Eat

Serve with a noodle and vegetable salad.

NB: Remember this recipe contains nuts.

Oriental Pork Mince with Lettuce and Noodles

Feeds: 4
Time to cook: About 15 minutes

Take

Lean pork mince
Carrot
Courgette
Lime
Reduced salt soy sauce
Green chilli
Fish sauce
Beansprouts
Spring onions
Unsalted peanuts
Fresh coriander
Cos lettuce
Pre cooked Udon white Noodles



Make

Take **450g (1lb) lean pork mince** place in a cold wok or large frying pan, increase heat and dry fry until lightly browned.

Add **1 carrot**, peeled and cut into fine sticks, **1 courgette**, cut into fine sticks, **1 lime**, juice of, **30ml (2tbsp) reduced salt soy sauce**, $\frac{1}{2}$ **green chilli**, seeds removed and finely chopped, **15ml (1tbsp) fish sauce**. Thoroughly toss together for 2-3 minutes.

Add **50g (2oz) bean or peanut sprouts**, **4 spring onions**, finely shredded, **25g (1oz) unsalted peanuts**, finely chopped and **30ml (1tbsp) fresh coriander**, roughly chopped.

Eat

Toss together and either serve piled into lettuce leaves with a side order of noodles or add noodles to the pan, toss together and serve.

