

## Take the Easter Weekend stress away – 17 March 2008



<http://www.meatmatters.com/sections/recipes/index.php>

Easter is the perfect time to relax and enjoy the company of family and friends, but a long Bank Holiday weekend often leaves the Easter chef racking their brains for meal ideas and inspiration. To ensure you don't become the Easter bunny in headlights, simply log on to MeatMATTERS.com, where you will find a wide range of recipes to suit all Easter occasions.

### ***Enjoy a Good Friday Night***

Bin the takeaway menu and entertain guests, or simply relax with your partner, whilst enjoying MeatMATTERS.com's delicious Sticky Soy baked Lamb Chops and Mashed Sweet Potato with Fennel and Chilli Slaw. This dish combines seasonal vegetables with chilli sauce, lime and ginger, to create an explosive blend of sweet and tangy flavours.

### ***The Ultimate Sunday Lunch***

A family roast lunch is the highlight of many Easter Sundays, why not surprise friends and family this year by serving Roasted Loin of Pork. MeatMATTERS.com's recipe is packed with nutrients, such as iron and thiamin, but contains less than 10% fat. Seasoned with ginger, cumin and orange, the delicious succulent meat is then covered in a ginger and spiced orange apple sauce – mouthwatering!

### ***Bank on a Delicious Monday Supper***

Once you've worked your way through the mountain of chocolate eggs, a long country walk is a good idea for Bank Holiday Monday. Reward yourself and your pals by indulging in a great tea time treat – MeatMATTERS.com's healthy Spiced Roast Beef on Rye. Easy to prepare, it combines sweet paprika, chillies and gherkins, with horseradish sauce and parsley and provides almost one third of the recommended daily amount of iron.

And there are plenty more indulgent options to consider, so whether you opt for Roasted Gammon with Maple Syrup and Ginger Glaze or Beef Sirloin Steaks, you're sure to enjoy an easy Easter this year with MeatMATTERS.com.

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