



Eat....
Serve the stir-fry with the noodles and extra pak choi

Feeds 2
Time to cook
Approximately 10 minutes

Red Thai Pork with Spicy Noodles

Take....

Lean pork fillet	Coconut milk
Oil	Fresh coriander
Red Thai curry paste	
Spring onions	For the noodles:
Sugar snap peas	Rice or egg noodles
Red pepper	Lime juice
Red chilli	Sweet chilli sauce
Pak choi	Spring onion

seeded and sliced, **1 red chilli**, seeded and sliced and **2 heads pak choi**, sliced. Cook for 2-3 minutes.

Add **150ml (1/4pt) coconut milk** and heat for 1-2 minutes until sauce has thickened slightly. Sprinkle with **fresh chopped coriander**.

For the noodles cook **100g (4oz) dried rice or egg noodles** according to packet instructions. Drain and stir through **juice of 1 lime, 15ml (1tbsp) sweet chilli sauce** and **fresh chopped coriander** and **spring onion**.

Make....

In a large non-stick wok or pan, fry **225g (8oz) lean pork fillet**, cut into thin slices in **5ml (1tsp) oil** until browned. Stir through **30ml (2tbsp) red Thai curry paste** and add **3 spring onions**, sliced, **50g (2oz) sugar snap peas**, **1 red pepper**,



Feeds 4-6

Time to cook
Approximately 40 minutes
Oven temperature
Gas mark 4-5, 180°C, 350°F

Lamb Moussaka

Take...

Lean lamb mince
Onion
Garlic
Tomato purée
Mint jelly
Aubergines
Feta cheese
Greek yogurt
Eggs

Make...

In a non-stick pan dry fry **675g (1 1/2lb) lean lamb mince** for 4-5 minutes with **1 onion**, chopped and **1 clove garlic**, crushed. Add **45ml (3tbsp) tomato purée** and **30ml (2tbsp) mint jelly**. Season with salt and pepper and cook for 2-3 minutes.

Meanwhile thinly slice **2 aubergines** and lightly brown on both sides in a hot frying pan (you might have to do this in 2 or 3 batches). Place half the mince mixture into an ovenproof dish and top with some of the aubergine slices. Crumble over **75g (3oz) Feta cheese** and cover with the rest of the mince and the remaining aubergine. Mix together **500g pot Greek yogurt** with **2 eggs** and pour over the aubergines.

Bake in a preheated oven for 30-35 minutes until golden brown.

Eat...

Serve with a baked Greek salad – roast tomatoes, slices of red onion and olives topped with crumbled feta cheese.



Feeds 4
Time to cook
Approximately 2 hours
Oven temperature:
Gas mark 3, 170°C, 325°F

Caribbean Beef with Rice and Beans

Take...

Lean beef cubes*	Red pepper
Sweet potato	Yellow pepper
Fresh red chilli	Thickening granules
Turmeric	For the rice
All spice	and beans:
Exotic fruit juice	Cooked rice
Rum (optional)	Red kidney beans
	Coconut milk

Make...

Into an ovenproof casserole dish place **450g (1lb) lean beef cubes***, **1 onion**, sliced, **2 small sweet potatoes** (approx. 225g (8oz)), peeled and cut into large chunks, **1 fresh red chilli**, sliced, **10ml (2tsp) turmeric** and **2.5ml (1/2tsp) all spice**. Pour over **300ml (1/2pt) exotic fruit juice** and **150ml (1/4pt) rum**. Season with salt and

pepper and mix well. Cover and place in preheated oven for approximately 2 hours.

During the last 30 minutes of cooking time add **1/2 red pepper**, seeded and sliced, and **1/2 yellow pepper**, seeded and sliced. Mix well and return to the oven for the remaining cooking time. Add a spoonful of cornflour thickening granules for a thicker gravy if required.

To make the rice and beans add **2 x 250g packs cooked rice** to a pan (or cook your own while the casserole is cooking) and **200g can red kidney beans**, heat for 4-5 minutes. **Stir through 210ml (7flox) coconut milk**, season with salt and pepper and cook for a further 2-3 minutes.

* Suitable cuts include braising cubes; chuck & blade or stewing cubes; shin, leg.



flights
of fancy
simple recipe ideas to inspire



flights of fancy

There's nothing like the promise of a sun-drenched holiday...

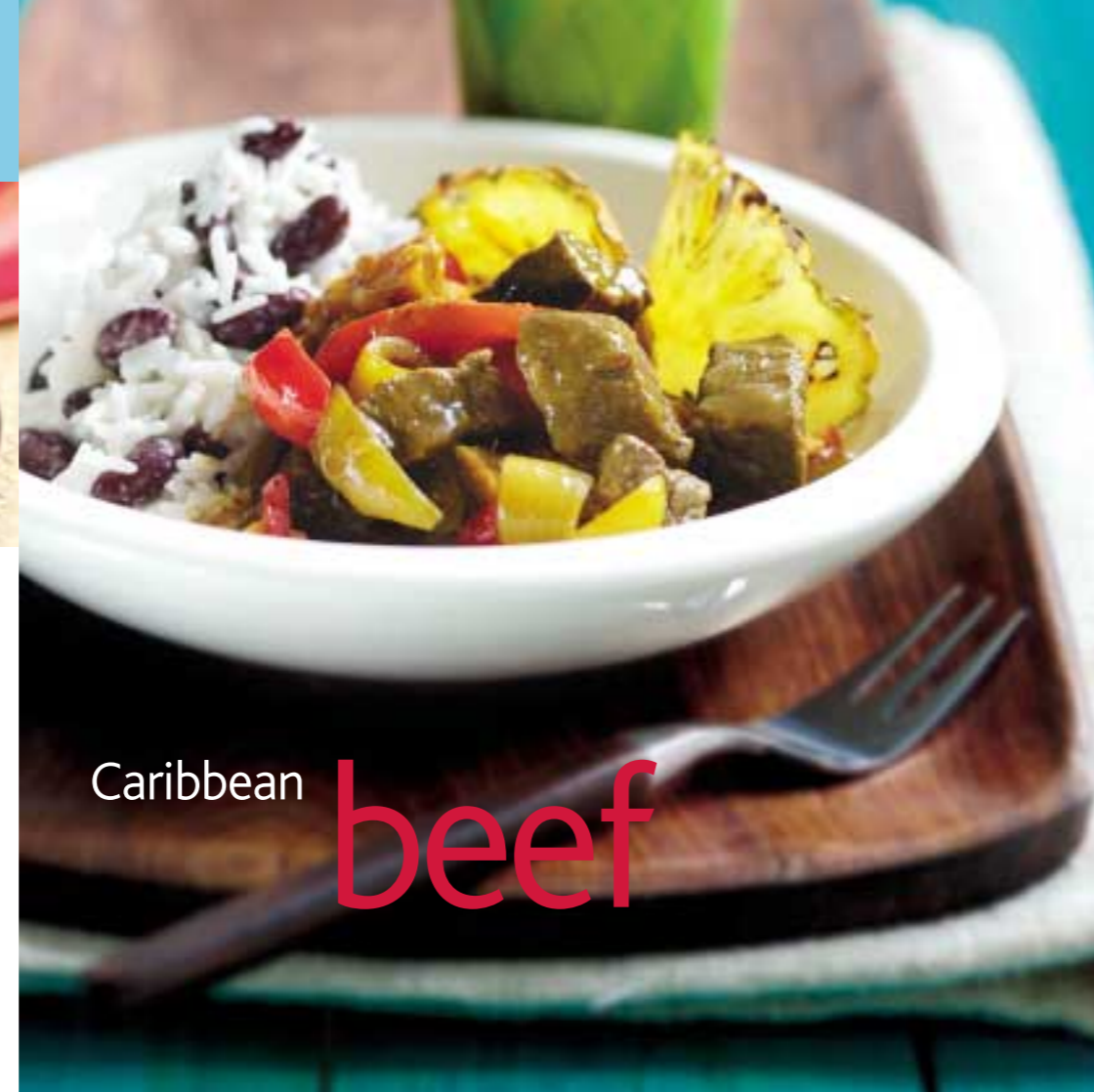
... it will lift your spirits when the weather outside is dark and grey. So whether you are planning a get away or just imagining the possibilities, get into the mood with a taste of international cuisine from British Meat.

Enjoy the flavours and aromas of your dream holiday without leaving the comfort of your home. Whack up the thermostat to tropical and let a little warmth into your life.

Treat your family to the spicy delights of a Red Thai Pork with Spicy Noodles or be inspired by the flavours of the Med and cook up a delicious Lamb Moussaka.

For more international meal and snack ideas visit www.meatmatters.com or to receive further British Meat recipe booklets, free of charge, simply call 01908 232 522.

Designed and produced by Kysen, London. Photography by Steve Lee. Styling by Jo Harris. Home Economists – Clare Greenstreet and Viv Gill.



Caribbean
beef



moussaka
lamb



red thai
pork