

Lamb Fajitas

Take...

Lean lamb neck fillet or lamb leg steaks
Fajita seasoning
Carrot
Spring onions
Lemon
Baby spinach leaves

Natural yogurt
Cucumber
Spring onions
Chilli powder
Fresh mint

Make...

Make chunky yogurt dollop – mix together a small **120g (5floz) pot of natural yogurt** with **1/4 cucumber**, cut into small chunks, **2 spring onions**, finely sliced, **pinch chilli powder**, **5ml (1tsp) fresh mint**, chopped.

Cut **225g (8oz) lean lamb steaks** into thin slices or strips and dry fry in a hot non-stick

wok for 5-6 minutes. Add **10ml (2tsp) fajita seasoning** and cook for a further 1-2 minutes.

Add **1 carrot**, peeled and grated, **4 spring onions**, roughly sliced and **1 lemon**, juice and rind to wok. Remove from heat and stir through **100g (4oz) baby spinach leaves**. Pile in to **flour tortillas**, spoon over a large spoonful of chunky yogurt dollop, roll up and serve.

Eat...

Serve with a large pile of mixed salad leaves.
Per portion excluding serving suggestions:
energy – 1546kJ/368kcal, fat – 11.2g,
iron – 5.2mg



Feeds 2

Time to cook

Approximately 10 minutes

(If you're serious about sliding into skimpy swimwear serve without tortillas – there's 188kJ/45kcal and 0.5g fat in one flour tortilla.)

Skinny Pork and Mushroom Risotto

Take...

Lean pork fillet	Stock
Oil	Black pepper
Onion	Asparagus
Risotto rice	Rocket leaves
Mixed mushrooms	

Make...

Heat **5ml (1tsp) oil** in a saucepan and fry **225g (8oz) lean pork fillet**, cut into thin medallion slices with **1 onion**, chopped and **150g (5oz) risotto (Arborio) rice** for 2-3 minutes.

Add **50g (2oz) mixed mushrooms**, **600ml (1pt) pork stock**, and bring to the boil, season and simmer gently for approximately 30 minutes or until the rice is cooked and all the liquid absorbed. (Add a little more stock if you wish to achieve your desired texture/consistency)

Add **100g (4oz) asparagus**, roughly broken into large pieces, top with **rocket leaves** and serve.

Eat...

With a chunk of crusty bread if you need to.

Per portion excluding serving suggestions:
energy – 2010kJ/476kcal, fat – 7.6g,
iron – 2.0mg



Feeds 2

Time to cook

Approximately 35 minutes

(If you aren't worried about squeezing into a bikini stir through some grated Parmesan cheese, (25g is 436kJ/104kcal, and 7g fat!!!))

Super Fit Steak 'Salad'

Take...

Lean beef rump steak	Butternut squash
Balsamic vinegar	Cherry tomatoes
Garlic	Fresh basil
Black pepper	Lime
Olive oil	

Make...

Cut **225g (8oz) lean beef rump steaks** into thin strips. Place into a bowl and add **15ml (1tbsp) balsamic vinegar**, **2 cloves garlic**, crushed and **5ml (1tsp) black pepper**. Mix well, cover and refrigerate for 15-20 minutes.

Meanwhile place **5ml (1tsp) olive oil** into a shallow baking tray and add **1 small butternut squash**, peeled, seeds, etc, removed and cut into thin wedges or cubes and **1 bulb garlic**, split open. Roast in the oven for 30 minutes then add **100g (4oz) cherry tomatoes** and continue to roast until soft and lightly browned.

Heat griddle pan or non-stick frying pan, drain steak and discard juice. Cook over a high heat for 5-8 minutes (longer if you prefer well done steak).

Mix together in a small bowl **2 roasted garlic cloves** (squeeze the garlic from out of the skin), **15ml (1tbsp) balsamic vinegar**, **5ml (1tsp) ground black pepper**, and **1/4 lime** juice.

Eat...

Pile roasted veg on to a plate or shallow dish followed by steak and spoon over black pepper, balsamic drizzle, and scatter with basil leaves.

Per portion excluding serving suggestions:
energy – 845kj/201kcal, fat – 6.5g
iron – 3.4mg

Feeds 2-4

Time to cook

Approximately 15 minutes

(If you aren't concerned about bikinis or swimsuits – this mixed with 15ml (1tbsp) mayonnaise is delicious – 436kj/104kcal and 15g fat in a spoonful of mayo!!!)



dip or
dive in
healthy options...



BRITISH
MEAT

dip or dive in

healthy options...



It's that time of year when your summer holiday is on the horizon and images of far-away sun kissed beaches and exotic climes spring to mind. Then the realisation hits...beach holidays involve the daunting prospect of donning skimpy swimwear.

To help you get in shape for the summer British Meat has developed three delicious, healthy recipes that won't make you feel like you're cutting down on calories but will help you to strut your stuff on the beach.

For more delicious recipes visit:

www.meatmatters.com

or to request further British Meat recipe booklets, free of charge, simply call 01908 232 522.

Photography by Steve Lee.
Home Economist – Clare Greenstreet.

And if you're not so concerned about squeezing into that teeny-weeny bikini you can spoil yourself with our indulgent additional ingredients.

Try Skinny Pork and Mushroom Risotto with asparagus and rocket – with or without Parmesan cheese and a chunk of crusty bread. Dream of your fantastic bikini body as you enjoy a super fit steak salad with cherry tomatoes, butternut squash and balsamic vinegar. For an extra kick add some

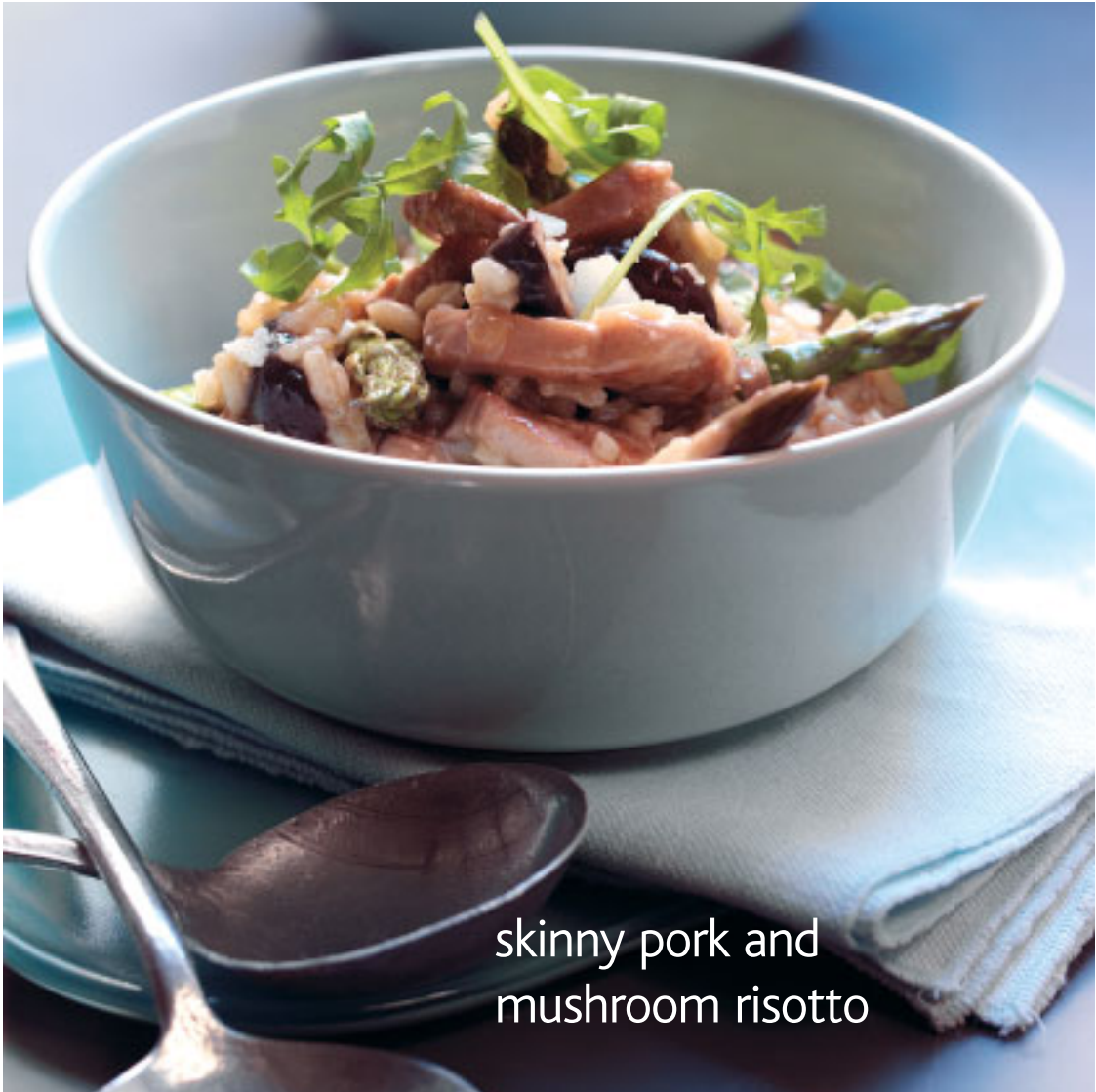
mayonnaise to the mix if you're not watching your weight. And as you wait for your fake tan to dry enjoy lamb fajitas with chilli, mint and spinach. However, if you're planning on wearing that two-piece soon simply substitute the tortillas for a large pile of salad leaves.

These inspired healthy meals prove that as you start thinking about toning and trimming for those revealing summer months there's no need to scrimp on flavour.





super fit steak 'salad'



skinny pork and
mushroom risotto

lamb fajitas

