

Topped Steaks

Serves 2, cooking times vary considerably according to the thickness of the steak and the degree of cooking preferred.

2 lean Northern Ireland Farm Quality Assured beef steaks
50g (2oz) soft cream cheese
6 x 15ml (6 tbsp) semi-skimmed milk
10 cherry tomatoes (halved)
5ml (1 tsp) chilli powder or sweet chilli sauce

Grill one side of the steaks, according to the chart below. Turn the steaks over and grill the other side for half the cooking time. Add to the pan soft cream cheese and semi-skimmed milk. Heat gently for approximately 1 minute. Stir through 10 cherry tomatoes, halved and 5ml (1 tsp) chilli powder or sweet chilli sauce (more if you like it hot). Grill the steaks for the remaining cooking time. Serve with a mixed green salad, asparagus and new potatoes.

Cut of Steak	Approx. thickness	Cooking times (per side)
Sirloin or rump	2cm (¾ inch)	Rare 2 mins Medium 4 mins Well done 6 mins
Fillet steaks	2-3cm (¾ - 1¼ inches)	Rare 3-4 mins Medium 4-5 mins Well done 6-7 mins



Grilled lean sirloin steak	per 100 g
Energy (kcal or calories)	176
Total fat (g)	7.7
Protein (g)	26.6
Iron (mg)	1.4
Zinc (mg)	4.3
Salt (g)	0.163
Sodium (g)	0.065
Vitamin B12 (µg)	2
Creamy chilli sauce	per 100 g
Energy (kcal or calories)	98
Total fat (g)	9.0
Salt (g)	0.198
Sodium (g)	0.079

Chinese Stirfry

Serves 2, cooking time approximately 10 minutes

225g (8oz) lean Northern Ireland Farm Quality Assured Beef cut into thin strips
1.25cm (½ inch) fresh root ginger, grated
2 cloves garlic, crushed
1 carrot, peeled and cut into thin strips
1 x 15 ml spoon (1 tbsp) sherry
2 x 15ml spoon (2 tbsp) soy sauce
1 x 5ml spoon (1 tsp) cornflour
5 spring onions, sliced
150g (5oz) pak choi, chinese leaves or cabbage, shredded
1 x 227g can of bamboo shoots (optional)
1 x 227g can of water chestnuts (optional)

In a large non-stick wok or saucepan, dry fry the beef, ginger and garlic together until browned. Add the carrot and cook for a further 1-2 minutes. Meanwhile, blend together the sherry, soy sauce and cornflour. Add the spring onions, pak choi, bamboo shoots and water chestnuts and cook for 1-2 minutes. Add the sauce to the pan and continue cooking for a further minute. Serve with egg noodles, additional stirfried vegetables and prawn crackers. Suitable stirfry cuts: sirloin, rump, topside and flashfry steaks.



Nutritional Values per portion	
Energy (kcal)	267
Protein (g)	29.5
Carbohydrate (g)	19.2
Iron (mg)	4.6
Total fat (g)	8.8
Saturated (g)	2.5
Unsaturated (g)	5.3

THE TRUTH ABOUT BEEF



FACT: BEEF IS HEALTHY WHOLESOME AND NATURAL

Beef is an excellent source of essential nutrients, it's lower in fat than ever before and when you buy Northern Ireland Farm Quality Assured Beef, you can be confident of the highest European standards.

* Northern Ireland Farm Quality Assured Beef cattle are grass-fed which means they provide beef which is even higher in omega 3s.

* The fat content of beef has fallen by a third over the last 20 years: cuts such as topside, silverside and rump steak can now have less than 5% fat.

* Almost half the fat in lean beef is unsaturated, which means it's similarly effective as poultry meat for reducing cholesterol.

* Beef also contains selenium, copper, manganese and Conjugated Linoleic Acid (CLA), which has been linked with a lowered risk of coronary heart disease and cancer.

So now you know the truth – eaten as part of a balanced diet, Northern Ireland Farm Quality Assured Beef is a superb source of essential nutrients that everyone can and should enjoy.

Try the recipes over the page and you'll rediscover just how great it tastes.

For even more recipes for all the family, click on www.lmnci.com

High in protein
Beef is an extremely rich source of protein. It provides the ideal combination of amino acids for growth, repair and maintenance of body tissues.

High in iron
Beef is one of the richest sources of iron, plus the iron in beef is more easily absorbed by your body than iron from plant sources.

High in zinc
Beef is one of nature's best sources of zinc, which is essential for bones and hair formation, wound healing and helping your immune system fight off infections.

High in B vitamins
Beef is an important natural source of B vitamins including B1 (thiamine), B2 (riboflavin), B16, B12 and niacin, all essential for your body's metabolic reactions.

High in Omega 3
Beef is a very rich source of omega 3 fatty acids, which are needed for brain efficiency and learning as well as healthy cardiovascular and immune systems.

