



Beef & Lamb
= B vitamins
for good health



B vitamins

Beef and lamb are important natural sources of the 8 essential B vitamins. Vitamin B12 can only be acquired naturally from animal products.



WHY DO I NEED B VITAMINS?

- To boost metabolism
- To enhance the immune and nervous system
- To keep the skin and muscles healthy
- To encourage cell growth and division

WHY DO I SPECIFICALLY NEED VITAMIN B12?

- To assist with the function of the nervous system
- To form red blood cells

HOW DO I GET VITAMIN B12?

- Vitamin B12 can only be found in animal sources such as red meat, eggs, milk, fish, and liver.
- Vitamin B12 is an essential vitamin only required in small amounts. It is fine to consume more than the recommended daily amount.



WHAT IS THE RECOMMENDED NUTRIENT INTAKE FOR VITAMIN B12 PER DAY?

Children	
1-3 years.....	0.5µg
4-6 years.....	0.8µg

Adolescents	
Male.....	1.2µg
Female.....	1.2µg

Adults	
Male.....	1.5µg
Female.....	1.5µg

HOW MUCH VITAMIN B12 IS IN DIFFERENT FOODS (AS EATEN)?

Food	Portion Size	Vitamin B12
Beef rump steak (grilled)	80g	2.4 µg
Lamb chop (grilled)	80g	2.4 µg
Milk (semi skimmed)	150ml	1.4 µg
Egg (boiled)	50g	0.6 µg
Cornflakes (without milk)	30g	0.6 µg

* B12 is not present in foods of plant origin.



Beef Stuffed Ciabatta with Pickled Cucumber and Horseradish Aioli



SERVES TWO

Take

- Lean NI Farm Quality Assured Beef Rump Steak
- Mini ciabatta rolls
- Garlic
- Cos lettuce
- Sun-dried tomatoes

Horseradish Aioli:

- Mayonnaise
- Horseradish sauce
- Garlic

Pickled Cucumber:

- Cucumber
- White wine vinegar
- Brown sugar
- Fresh dill

Make

Take 2 mini ciabatta rolls and cut a slit into the side of the roll making a pocket. Make Horseradish Aioli and Pickled Cucumber.

Pickled Cucumber: Take half cucumber, very thinly sliced, add 30ml (2tbsp) white wine vinegar, 5ml (1tsp) brown sugar, 30ml (2tbsp) fresh dill, chopped. Cover and chill.

Horseradish Aioli: Mix together 30ml (2tbsp) low-fat mayonnaise with 15ml (1tbsp) horseradish sauce and 2 cloves garlic, crushed. Cover and chill.

Pan cook 225g (8oz) lean beef rump steak, with 2 cloves garlic, crushed, for about 4 minutes each side for medium cook.

Shred 2 cos lettuce leaves, stuff into the rolls. Add 4 sun-dried tomatoes, sliced, and then top with seared beef sliced into chunky wedge/slices, plus the Pickled

Cucumber and Horseradish Aioli. (If you can't fit it all into the roll serve as side orders!)

Nutritional Analysis

(per portion inclusive of serving suggestion)

Energy	433kcal
Protein	32g
Carbohydrate	31g
Iron	4.3mg
Total fat	19.4g
Saturated fat	3.9g
Unsaturated fat	14g

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