



Beef & Lamb
= Omega 3
for good health



Omega 3

Omega-3 fatty acids are polyunsaturated fats which are essential to human health and cannot be manufactured by the body.



Beef and Lamb can make a significant contribution to your intake of Omega 3

Grass Fed animals contain higher levels of Omega 3



WHY DO I NEED OMEGA 3?

- For growth and development
- For a beneficial effect on the heart
- For brain function
- To reduce inflammation

HOW DO I GET OMEGA 3?

- Beef and lamb
- Oily fish such as salmon, tuna, mackerel
- Nuts and olive oil

WHO MIGHT NEED MORE OMEGA 3?

- Pregnant women
- Nursing mothers
- Young children
- Women wishing to become pregnant



Oriental Summer Lamb



SERVES TWO - NB THIS RECIPE CONTAINS NUTS

Take

- Lean NI Farm Quality Assured lamb leg steak
- Oil
- Garlic
- Soy sauce
- Root ginger
- Radishes
- White flat noodles
- Sugar snap peas
- Pak choi
- Red pepper
- Spinach or chard
- Beansprouts or peanut sprouts

Dressing:

- Fresh coriander leaves
- Fresh basil
- Peanuts unsalted
- Red chilli
- Sweet chilli sauce
- Soy sauce

Make

In a large hot non-stick wok or saucepan fry 225g (8oz) lean lamb leg steaks, cut into thin strips, in 5ml (1tsp) oil until browned, approx 3-4 minutes. Add 1.25cm (½") root ginger, sliced, 30ml (2tbsp) soy sauce and 2 cloves garlic, squashed, cook for 1-2 minutes. Add 150g (6oz) pre-cooked white flat noodles, 100g (4oz) sugar snap peas and 2 heads pak choi, roughly chopped, handful of spinach or chard, 50g (2oz) beansprouts and/or peanut sprouts, 3 radishes, finely sliced, 1 red pepper, deseeded and finely sliced, toss together and place in a large salad bowl.

Make Dressing: Mix together 30ml (2tbsp) fresh coriander leaves, chopped, 30ml (2tbsp) fresh basil, chopped, 25g (1oz) peanuts, chopped, 1 red chilli, deseeded and finely chopped, 15ml (1tbsp) sweet chilli sauce and 5ml (1tsp) soy sauce.

Eat

Toss all ingredients together, drizzle with dressing and serve with crispy noodles.

Nutritional Analysis

(per portion inclusive of serving suggestion)

Energy	678kcal
Protein	38.7g
Carbohydrate	66.8g
Iron	5.5mg
Total fat	27.8g
Saturated fat	7.6g
Unsaturated fat	13.3g

LIVESTOCK & MEAT COMMISSION

Lissue House
31 Ballinderry Rd
Lisburn
Northern Ireland
BT28 2SL

Tel: +44 (0) 28 9263 3000
Fax: +44 (0) 28 9263 3001
Email: info@lmcni.com
www.lmcni.com

For more recipes log onto
www.lovebeefandlamb.com



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