



Beef & Lamb
= Protein
for good health





Protein

Beef and lamb are major sources of protein. The protein found in beef and lamb is ‘complete’ meaning it contains all the essential amino acids the body can’t make on its own.

WHY DO I NEED PROTEIN?

- For growth, repair and maintenance of the body
- For general health
- Protein is contained in every part of the body from your muscles to your fingernails

HOW DO I GET PROTEIN?

- Beef and lamb
- Fish, pork and chicken
- Dairy products
- Beans and lentils
- Protein in foods such as grains, fruit and vegetables are either low in or lack one of the essential amino acids and are considered ‘incomplete’ proteins

WHAT IS THE RECOMMENDED NUTRIENT INTAKE FOR PROTEIN PER DAY?

Children

1-3 years.....	14.5g
7-10 years.....	28.3g

Adolescents

Male.....	42.1g
Female.....	41.2g

Adults

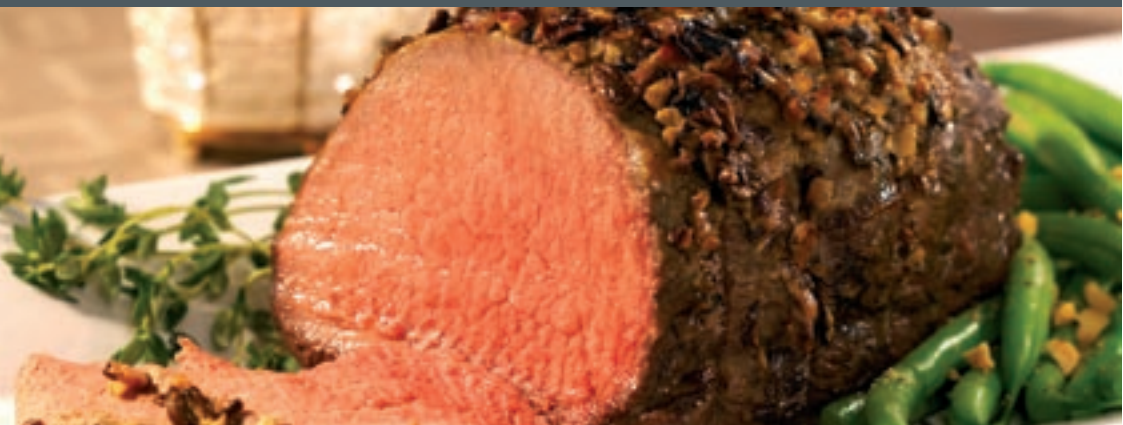
Male.....	53.3g
Female.....	46.5g

HOW MUCH PROTEIN IS IN DIFFERENT FOODS (AS EATEN)?

Food	Portion Size	Protein
Beef rump steak (grilled)	80g	24.8g
Lamb chop (grilled)	80g	23.4g
Chicken (roasted)	80g	21.4g
Cheddar Cheese	40g	10.2g
Semi skimmed milk	150ml	5.3g
Baked Beans (reheated)	90g	4.7g



Roast Beef with Sweet Chilli Chutney and Glaze



SERVES FIVE

Cooking Time

Rare:

20 minutes per 450g (1lb) plus 20 minutes

Medium:

25 minutes per 450g (1lb) plus 25 minutes

Well done:

30 minutes per 450g (1lb) plus 30 minutes

Gas mark 4-5, 180°C, 350°F

Take

1.25kg (2½lb) lean boneless rib of Northern Ireland Farm Quality Assured beef, topside or sirloin joint.

Make

Weigh the joint and calculate the cooking time. Place the joint on a rack in a roasting tin. Open roast in a preheated oven.

20 minutes before the end of the cooking time remove the joint from the oven and brush with the honey and sprinkle over the chillies. Return the joint to the oven for the remaining cooking time. Meanwhile, place all the ingredients for the chutney in a saucepan.

Bring to the boil and simmer gently for 10-15 minutes until most of the liquid evaporates and the mixture resembles the chutney. Serve the joint with the chutney, roasted baby potatoes, tomatoes, peppers and onion. Alternatively, serve the chutney cold as a relish with beef salad or sandwiches.

For the Glaze:

3 x 15ml sp (3tbsp) clear honey
1 x 15ml sp (1 tbsp) dried chillies

For the Chutney:

1 large or 2 small eating apples, thinly sliced
2 tomatoes, chopped
2 x 15ml sp (2 tbsp) brown sugar
150ml (½pt) red wine (optional)
150ml (½pt) water
Pinch cayenne pepper

Nutritional Analysis

(per portion inclusive of serving suggestion)

Energy	383kcal
Protein	58g
Carbohydrate	16.9g
Iron	5.5mg
Total fat	7.0g
Saturated fat	2.8g
Unsaturated fat	3.6g

For more protein rich recipes log onto www.lovebeefandlamb.com



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

