



**BEEF** and

**LAMB**

are GOOD FOR YOU!







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# THE NORTHERN IRELAND FARM QUALITY ASSURED LOGO



You might see it on packs of beef and lamb in your local supermarket! This logo shows that the meat is fully traceable from farm to fork. It is produced by local farmers to the highest quality to make sure it's delicious and nutritious for you to eat.



Farmers have to follow 77 standards to be part of the scheme. Inspectors visit farms to make sure the farm is safe and all records are all up to date.

The logo means that the meat on your plate is of world class quality.



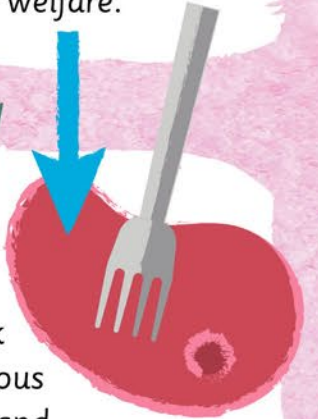
The farm to fork journey of NIFQA beef and lamb

FARM



The journey begins at the farm, our local farmers have a very important job to do, they raise their cattle and sheep to produce safe and nutritious food for us to eat. Farmers work hard every day to look after and care for their animals health and welfare.

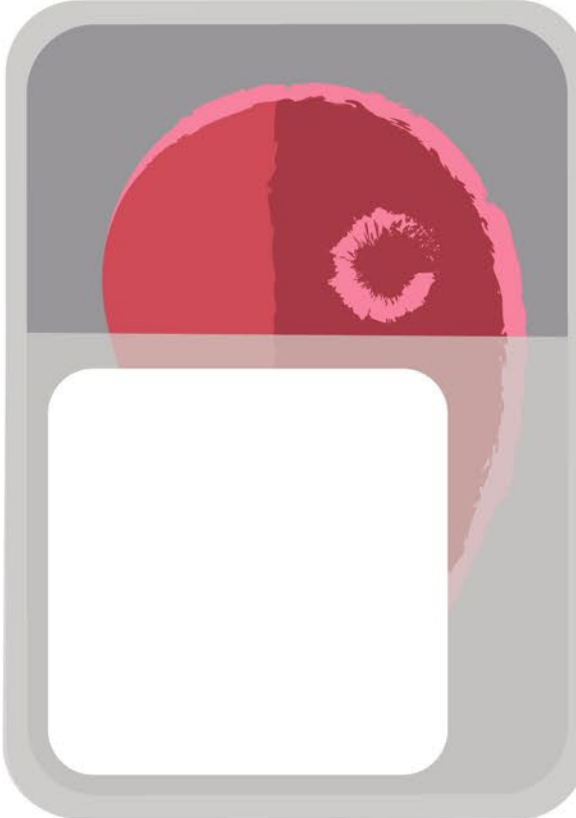
FORK



We then get to cook and enjoy the delicious and nutritious beef and lamb with our family and friends.

DRAW

Draw the logo on the pack of meat.





# A BALANCED DIET

The human body needs a balanced diet to grow strong and healthy. A balanced diet means eating the correct amount of food from each different food group.

There are four main food groups;

**Fats** help us store energy in our body and can be found in foods such as nuts, cheese and fried food.



**Protein** can be found in foods such as meat, fish, eggs and cheese. Protein helps our bodies grow strong and repair themselves.



**Carbohydrates** found in foods such as potatoes and pasta help release energy.



**Fibre** is important for digesting food and is found in fruit and vegetables.



We should all try and eat 5 portions of fruit and vegetables every day, can you do it?

PLAY!

Match the picture to the food group



Protein



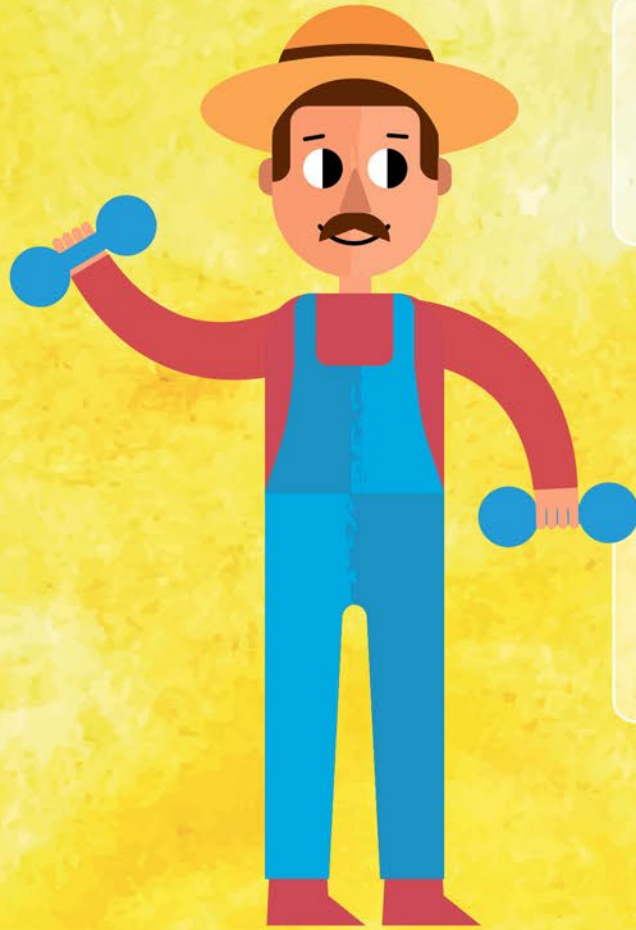
Fibre



Carbohydrate



As well as having a balanced diet, we need to ensure that we exercise and get enough sleep.



**Exercise** has many benefits for our bodies, it helps to strengthen our muscles and bones, improves heart and lung health and is great for our mental health.

**DID YOU KNOW?**

It is recommended children should get at least **60 minutes of exercise each day.**

**Sleep** allows our body to rest and recover, allowing us to feel energised for the next day.

**DID YOU KNOW?**

It is recommended that children aged 6-12 years should get **9-12 hours sleep each night.** How many hours of sleep do you get each night?

**Red meat** such as steak and mince are full of protein which helps our muscles grow big and strong. It also helps your body repair itself if it gets hurt.

**DID YOU KNOW?**

Red meat is packed with other great things like **Iron, Zinc and Omega 3** all which keep our head and heart healthy.

## WHERE FOOD COMES FROM

Have you ever wondered where the tasty food on your plate comes from? Lots of fruit and vegetables grow in the ground, and some even grow on trees!



In Northern Ireland we have the perfect climate for growing certain fruits and vegetables such as apples, pears, potatoes and leeks.

**DID YOU KNOW?**

Fruits such as bananas and pineapples are grown in countries that have tropical climates, these foods have to travel very far meaning they have high food miles.

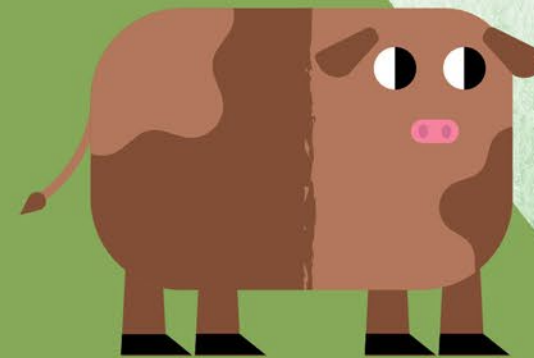


Then we have cows and sheep, who graze on our green grass to produce nutritious beef and lamb, the tasty meat we love to eat.

Cows produce the milk which we drink. Milk can also be turned into cheese and butter.

**DID YOU KNOW?**

Sheep can graze in upland, hilly areas. This land is not very good at growing crops as the soil is less fertile.

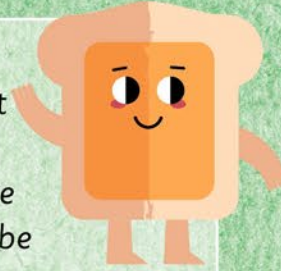




The seas surrounding Northern Ireland are home to a wide variety of fish such as haddock and mackerel.



But what about bread? It comes from grains, just like pasta! The grains grow in the fields and are harvested by farmers to be turned into a tasty treat.



**Farmers play a very important role in our lives because they're the ones who grow the food we eat every day.**

Farmers rear animals such as cows, sheep and chickens. By feeding and taking care of these animals they provide us with foods such as meat, milk and eggs.



Farmers grow many different kinds of crops such as vegetables and grains. Farmers have to make sure that the seeds get enough water and sunlight to grow, allowing them to be harvested for us to eat.



## PLAY!

Find the words in the puzzle

S	F	R	U	I	T	F	L	E	N	W	S	R	O
E	L	I	T	R	E	F	A	G	R	O	W	E	C
T	S	N	B	L	W	I	M	S	D	B	M	T	M
G	T	E	E	E	R	C	B	C	E	S	I	A	S
E	A	L	S	F	W	O	S	E	G	I	C	W	G
S	S	N	F	D	R	G	N	G	H	K	H	L	S
D	N	H	R	T	S	N	E	A	E	P	A	E	S
F	M	I	E	T	A	E	M	R	E	L	D	Z	L
I	E	M	A	E	E	L	E	P	M	C	D	A	A
S	E	P	F	R	P	L	D	L	I	A	O	R	M
H	L	A	T	R	G	O	S	A	L	L	C	G	I
C	O	W	S	I	O	E	A	N	K	G	K	S	N
A	F	E	O	F	G	E	W	T	E	E	K	P	A
E	A	P	L	I	O	S	T	S	B	R	E	A	D

- LAMB
- SOW
- MILK
- BEEF
- WATER
- OCEAN
- SHEEP
- BREAD
- SOIL
- GROW
- COWS
- EGGS
- GRAINS
- PLANTS
- FISH
- GRAZE
- FOOD
- MACKEREL
- FERTILE
- HADDOCK
- FRUIT
- ANIMALS
- SEEDS
- MEAT

We wouldn't have these delicious foods without the hard work and dedication from our local farmers, which would make our meals much less exciting!

Do you know a farmer?



# THE ENVIRONMENT

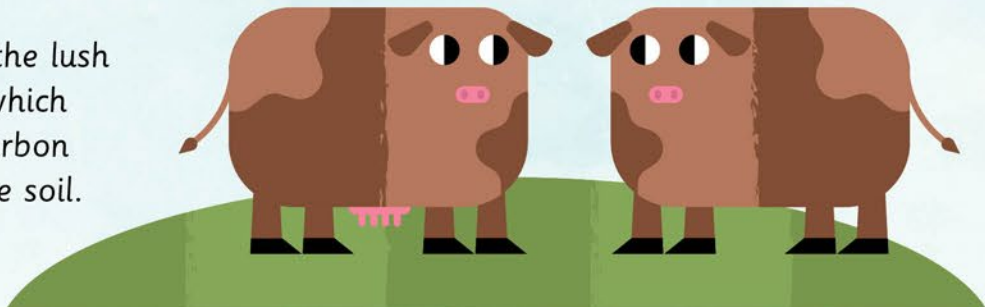
Farmers plant seeds and grow crops, turning fields into green landscapes. This helps combat climate change by absorbing carbon dioxide and releasing oxygen, making the air cleaner and fresher.



Farmers maintain hedgerows to keep their livestock safe, hedgerows are home to many animals including foxes, hares and hedgehogs!

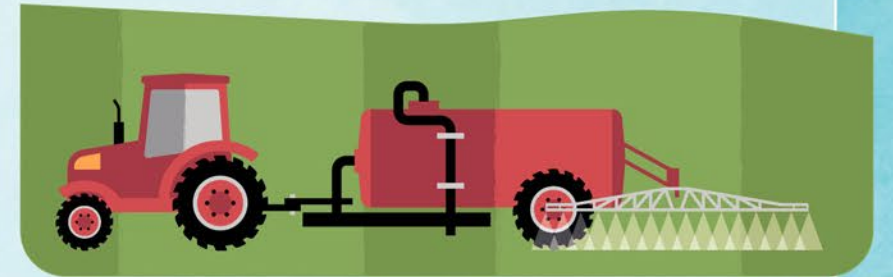


Cattle graze the lush green grass which helps keep carbon trapped in the soil.



Farmers play an important part in our environment.

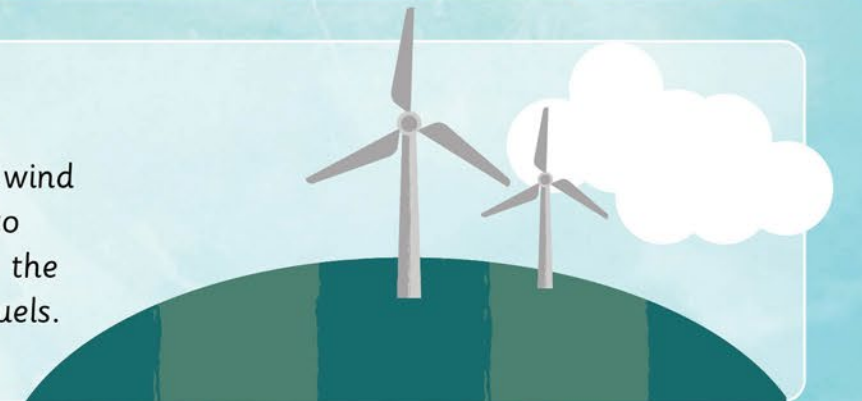
Farmers use animal manure which acts as natural fertilisers to increase nitrates and produce healthy soil.



Sheep can graze on upland, hilly areas which maintains habitats and increases biodiversity.



Some farms are embracing renewable energy and use wind turbines and solar panels to power their farm, reducing the reliance on harmful fossil fuels.





Can you spot the 6 different ways the farmer is looking after the environment?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

The environment is the air we breathe, the land where we live, the oceans that surround us, the animals that share the land and the plants and trees that grow. It is the world around us! We all have a part to play in caring for the world around us and conserving it for future generations. If we look after the environment, our environment will look after us.

So, you see, farmers aren't just growing the food we eat; they're also caring for the planet. They're like guardians, ensuring that the environment stays healthy for us.

Farmers who are part of the Northern Ireland Farm Quality Assurance Scheme follow high standards which protect the environment and surrounding land, water and air.





# CHILLI BEEF PASTA

**Preparation time -**  
10 minutes

**Cook time -** 25 minutes

**Serves** 4

**You will need:**

Ovenproof dish  
Spatula or wooden spoon  
Green chopping board  
Vegetable knife  
Garlic press  
Grater  
Measuring jugs  
Scales  
Small bowl  
2 large saucepans  
Colander or large sieve  
Measuring spoons  
Serving bowl

**Ingredients:**

500g Northern Ireland Farm Quality Assured lean steak mince  
200g penne pasta  
500ml tomato passata/tin of chopped tomatoes  
250ml water  
1 low salt beef stock cube  
2 cloves garlic  
1 onion  
1 carrot  
1 x 2.5ml spoon (1/2tsp) mild chilli powder  
1 x 15ml spoon (tbsp) reduced sugar sweet chilli sauce  
50g mozzarella cheese  
1 green chilli (optional)  
Black pepper  
Parsley to garnish

**Method:**

1. Peel and dice onion. Peel and crush garlic. Wash carrot, top and tail, peel and grate. Wash, deseed and chop green chilli.
2. Grate cheese.
3. Dry fry mince until well browned.
4. Add the vegetables, pepper, chilli flakes and chilli sauce. Cook for further few minutes.
5. Add the tomato passata and water, crumble in the stock cube, stir well.
6. Reduce heat and simmer for 20 minutes. Turn on grill to heat.
7. Boil penne pasta as instructed on packet, drain and add into the beef mix.
8. To finish, transfer into oven proof serving dish, sprinkle with grated mozzarella and brown under heated grill (or in oven).
9. Garnish with green chilli or chopped parsley.





# BALSAMIC BEEF AND TOMATO RAGU

**Preparation time** -  
5 minutes

**Cook time** - 25 minutes

**Serves** 4

**You will need:**

Large frying pan/wok

Medium saucepan

Green chopping board

Vegetable knife

Measuring jug

Weighing scales

Garlic press

Large sieve

Slotted spoon

Spatula

2 pot stands

Measuring spoons

Serving dishes

**Ingredients:**

250g Northern Ireland  
Farm Quality Assured lean  
steak mince

1 red onion

2 garlic cloves

300g cherry tomatoes

200g tomato passata

1 low salt beef stock cube

350ml boiling water

3 x 15ml spoon  
(tbsp) tomato puree

3 x 15ml spoon  
(tbsp) balsamic vinegar

325g dried pasta

50g parmesan

**Method:**

1. Peel and thinly slice red onion. Crush garlic. Halve the cherry tomatoes.
2. Dissolve stock cube in 350ml of water.
3. Dry fry the mince in the pan or wok until brown.
4. Add onion and crushed garlic, cook for 5 minutes stirring continuously.
5. Stir in the tomato passata, cherry tomatoes, beef stock, tomato paste, balsamic vinegar and bring to a boil. Reduce the temperature to a moderate heat and simmer for 15 minutes until the sauce thickens, stirring occasionally.
6. Meanwhile cook the pasta in boiling water according to packet instructions, then drain and immediately tip into the frying pan and stir into the ragu.
7. Spoon into warm serving bowls, sprinkle with grated parmesan and serve with fresh salad leaves and crusty bread.







## TIKKA MINCE

### Preparation time -

10 minutes

### Cook time - 30 minutes

Serves 4

### You will need:

Large frying pan

Green chopping board

Vegetable knife

Vegetable peeler

Garlic press

Can opener

Measuring spoons

Serving dishes



### Ingredients:

450g Northern Ireland Farm Quality Assured lean minced beef

1 onion

2 garlic cloves

1 courgette

8 cherry tomatoes

450g potatoes

1 x 400g can chopped tomatoes

2 x 15ml (2tbsp) tikka curry paste

2 x 15ml (2tbsp) tomato puree

150ml water

2 x 15ml (2tbsp) mango chutney

1 x 15ml (1tbsp) reduced fat crème fraiche

Fresh coriander

### Method:

1. Peel and finely slice the onion. Peel and crush the garlic. Wash courgette, top and tail and cut into dice. Halve the cherry tomatoes. Peel the potatoes and cut into dice.
2. Dry fry the mince in a large pan until brown. Add the onion and garlic, stir and cook for 2 minutes.
3. Add the courgette, potatoes, chopped tomatoes, curry paste, tomato puree, water and mango chutney to the pan and stir well.
4. Bring the mixture to the boil and simmer for 25 minutes.
5. Add the cherry tomatoes, crème fraiche and coriander and stir.
6. Serve the mince on a pile of poppadoms with boiled rice and vegetables.



# MINI MEATBALL MARINARA SUBS

## Preparation time -

10 minutes

## Cook time - 20 minutes

Serves 6

## You will need:

Large frying pan

Saucepan

Green chopping board

Vegetable knife

Measuring jug

Measuring spoons

Wooden spoon

Fork

Garlic press

Can opener

Small mixing bowl

Mixing bowl

Tongs

Serving dishes

## Ingredients:

575g Northern Ireland Farm Quality Assured minced beef or lamb

1 garlic clove

1 egg

60g breadcrumbs

2 x 15ml (2tbsp) tomato puree

1 x 5ml (1tsp) mustard

1 x 15ml (1tbsp) worcestershire sauce

Pepper

## For the sauce:

1 x reduced salt beef stock cube, 250ml water

1 x 400g can of chopped tomatoes

1 garlic clove

4 x 15ml (4tbsp) tomato puree

## Method:

1. Peel and crush the garlic.
2. Crack the egg into a small mixing bowl and lightly beat
3. Place the mince, half the crushed garlic, breadcrumbs, tomato puree, mustard and egg into a mixing bowl and mix.
4. Using your hands divide the mince into 24 equal portions. Form into meatballs (remember to wash your hands thoroughly after handling raw meat).
5. Heat a frying pan and dry fry the meatballs for 10 minutes, turning occasionally to ensure they cook evenly. Check that the meatballs are thoroughly cooked and there are no pink juices.
6. While the meatballs are cooking, prepare 250ml of stock.
7. Add the tomatoes, stock, crushed garlic and tomato puree to a saucepan and bring to the boil.
8. Simmer for 10 minutes. Serve the meatballs in toasted sub rolls with the tomato sauce.





# STICKY BEEF BOWLS



**Preparation time -**  
10 minutes

**Cook time -** 20 minutes

**Serves** 4

**You will need:**

Large frying pan

Saucepan

Green and red chopping board

Vegetable knife

Vegetable peeler

Garlic press

Grater

Measuring spoons

Spatula

Serving dishes

**Ingredients:**

2 Northern Ireland Farm Quality Assured rump steaks

1 x 15ml spoon (tbsp) rapeseed oil

1 carrot

1 courgette

5 spring onions

1 red chilli (optional)

3 x 15ml spoon (tbsp) low salt soy sauce

3 x 15ml spoon (tbsp) honey

2 x 15ml spoon (tbsp) rice wine vinegar

1 garlic clove

1 small piece of fresh ginger

1 packet of bok choy/pak choy

300g basmati rice

1 low salt vegetable stock cube, 600ml boiling water

**Method:**

1. Dissolve the vegetable stock cube in boiling water.
2. Pour the stock into a saucepan and add rice, bring to the boil, stir once and put the lid on, reduce the temperature to its lowest setting and cook for 15 minutes.
3. Remove the pan from the heat and allow the rice to steam for 5 minutes, (do not remove the lid and do not stir the rice).
4. Trim and thinly slice the beef (remember to thoroughly wash your hands after handling raw meat).
5. Peel and grate carrot. Trim and grate courgette. Trim and thinly slice spring onions. Remove top of chilli, cut in half, de-seed and finely slice. Peel and crush garlic. Peel and grate fresh ginger. Remove the leaves from the bok choy stem, wash and trim.
6. Heat the oil in the pan over a high heat and fry the steak slices for 1 minute.
7. Add carrot, courgette, spring onions and chilli to the pan. Stir well.
8. Add soy sauce, honey, rice wine vinegar, garlic and ginger.
9. Continue to stir fry until the vegetables have softened slightly and the sauce is thick.
10. Spoon rice into serving dishes and top with the stir fry.





# SPICED LAMB FLATBREADS

## Preparation time -

5 minutes

## Cook time - 15 minutes

**Serves** 4

## You will need:

Large non-stick frying pan

Green chopping board

Vegetable knife

Garlic press

Weighing scales

Mixing spoon

Measuring spoons

Serving plates

## Ingredients:

500g Northern Ireland Farm Quality Assured lean lamb mince

1 garlic clove

1 red chilli

6 spring onions

1 x 15ml spoon (tbsp) fresh mint

1 x 15ml spoon (tbsp) fresh coriander

1 x 15ml spoon (tbsp) mild curry powder

8 folded flatbreads

2 x 5ml spoon (tsp) mango chutney

## To serve:

Lettuce leaves

Mango chutney

Natural yoghurt with a little chopped fresh mint

## Method:

1. Peel and crush the garlic. Remove the top of the chilli, cut in half lengthways, deseed and slice.
2. Remove the root and skin from the spring onions and finely slice.
3. Chop the mint and coriander.
4. Heat a large non-stick frying pan and dry fry the lamb mince with the curry powder, garlic and chilli until the mince is cooked. Stir continuously.
5. Toast the flatbreads.
6. Add the mango chutney, mint, coriander and spring onions to the mince and stir through.
7. Spoon the mince mixture into the toasted flatbread and add the lettuce leaves.
8. Serve with extra mango chutney and a little natural yoghurt with mint.





# SPICED LAMB RAGU

**Preparation time -**  
15 minutes

**Cook time -**  
1 hour 10 minutes

**Serves** 4

**You will need:**

Large frying pan

Saucepan

Green and red chopping board

Cook's knife

Vegetable knife

Measuring spoons

Grater

Wooden spoon

Colander or large sieve

Serving dishes

**Ingredients:**

450g Northern Ireland Farm Quality Assured lamb leg steak

2 x 15ml spoon (tbsp) rapeseed oil

180g smoked bacon lardons

100g mushrooms

1 onion

1-2 x 15ml (tbsp) mild chilli powder

1-2 x 15ml (tbsp) tomato puree

2-3 x 15ml (tbsp) reduced salt soy sauce

2-3 x 15ml (tbsp) balsamic vinegar

If necessary add water

50g parmesan

250g pasta

**Method:**

1. Peel the onion and finely chop. Wipe and slice mushrooms.
2. Cut the lamb into chunks (remember to wash your hands thoroughly after handling raw meat).
3. Heat the oil in a pan, add the lamb and fry until brown.
4. Add the bacon lardons and cook for another 2 minutes before adding the vegetables.
5. Add chilli powder and tomato puree, cook for 3-5 minutes.
6. Deglaze the pot with soy and balsamic vinegar.
7. Add water if needed. Cover with a lid and cook on a low heat for 1 hour.
8. Cook the pasta in boiling water and drain.
9. Serve the pasta and ragu and top with freshly grated parmesan.





# LAMB CURRY

**Preparation time -**  
5 minutes

**Cook time -** 30 minutes

**Serves** 4

**You will need:**

Large frying pan

Green chopping board

Red chopping board

Vegetable knife

Chef's knife

Garlic press

Measuring spoons

Measuring jug

Serving bowls



**Ingredients:**

600g Northern Ireland Farm Quality Assured lean lamb leg steaks

1 x 15ml spoon (tbsp) rapeseed oil

1/2 large onion

1 garlic clove

1 small handful fresh coriander

1 small handful fresh mint

4 spring onions

50g baby sweet corn

50g mangetout

50g broccoli florets

50g red pepper

50g yellow pepper

1 x 15ml spoon (tbsp) mild curry powder

400ml can reduced fat coconut milk

1/2 reduced salt lamb stock cube

2 x 5ml spoon (tsp) tomato puree

1 x 5ml spoon (tsp) mango chutney

**To serve:**

Cooked basmati rice

Naan bread

Mango chutney

**Method:**

1. Peel and chop the onion. Peel and crush the garlic. Chop the coriander and mint. Remove the root and skin from the spring onions and chop.
2. Using separate chopping board, thinly slice the lamb (remember to thoroughly wash your hands after handling raw meat).
3. Heat the oil in a large frying pan and fry the onion until soft.
4. Add the garlic, curry powder, coconut milk, stock cube, tomato puree and mango chutney and stir.
5. Bring the sauce to the boil and simmer for 5 minutes, stirring continuously.
6. Add the spring onions and chopped herbs.
7. Add the lamb, stir and simmer for 2-3 minutes. Check that the lamb is thoroughly cooked and there are no pink juices.
8. Add chopped vegetables and stir through the lamb curry. Bring back to the boil and turn off heat.
9. Serve with rice, naan bread and mango chutney.





# CHINESE FIVE SPICE WITH NOODLES



## Preparation time -

10 minutes

## Cook time - 15 minutes

Serves 4

## You will need:

Large pan/wok

Saucepan with lid

Green and red chopping board

Vegetable knife

Chef's knife

Measuring spoons

Measuring jug

Spatula

Colander or large sieve

Serving dishes

## Ingredients:

500g Northern Ireland Farm Quality Assured lean steak mince

250g egg noodles

2 x 15ml spoon (tbsp) rapeseed oil

1 onion

1 garlic clove

1 x 15ml spoon (tbsp) five spice powder

200g mangetout

2 red peppers

120ml reduced salt beef stock

1 x 15ml spoon (tbsp) reduced salt soy sauce

Black pepper

Fresh coriander leaves

## Method:

1. Peel and chop the onion. Peel and crush the garlic. Wash, deseed and finely slice the peppers.
2. Cook the noodles in a saucepan of boiling water for 4 minutes, or according to packet instructions. Drain the noodles well and set aside.
3. Add the oil and swirl to coat the wok, fry the mince until brown then add the onion and peppers and stir fry for 3 minutes.
4. Add the five-spice powder and garlic and stir fry for another minute.
5. Add the mangetout and stir fry for a further 2 minutes. Pour in the stock, stir well and bring to the boil.
6. Add the noodles to the wok and toss everything together. Heat and stir for 2-3 minutes until all the ingredients are well combined. To finish add the soy sauce, black pepper and coriander leaves.





# CREAMY PEPPERED BEEF

**Preparation time -**  
10 minutes

**Cook time -** 20 minutes

**Serves** 4

**You will need:**

Large frying pan

Saucepan

Green and red chopping board

Vegetable knife

Chef's knife

Garlic press

Plate

Measuring spoons

Sieve

Spatula

Serving dish

**Ingredients:**

2 Northern Ireland Farm Quality Assured rump steaks

1 x 15ml spoon (tbsp) rapeseed oil

1 red onion

2 cloves of garlic

1 red pepper

1 yellow pepper

250g mushrooms

1 x 5ml spoon (tsp) mild chilli powder

1 x 15ml spoon (tbsp) black pepper

1 reduced salt beef stock cube, 250ml boiling water

150ml low fat crème fraiche

**To serve:**

Cooked basmati rice

**Method:**

1. Trim the fat from the beef and cut into thin strips (remember to thoroughly wash your hands after handling raw meat).
2. Peel the onion and finely chop. Peel and crush the garlic. Wash, deseed and finely slice the peppers. Wipe and slice mushrooms. Wash, dry and finely chop the parsley.
3. Make the stock.
4. Heat the wok until smoking and fry the beef for 2 - 3 minutes until beginning to brown then stir, then remove the beef from the pan when almost cooked, and place on a plate, cover with tinfoil.
5. Reduce the heat to medium, add the remaining oil, and fry the onions until soft, add peppers and mushrooms cook for 1 minute.
6. Add the garlic, mild chilli powder and black pepper.
7. Pour in beef stock and simmer for 5 minutes.
8. Add the beef to the pan, turn off the heat and stir in the crème fraiche.
9. Serve with basmati rice and garnish with chopped parsley.










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Find easy and tasty recipes at: [food4life.org.uk](http://food4life.org.uk)

For more information visit: [beefandlambni.com](http://beefandlambni.com) & [lmcni.com](http://lmcni.com)

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