

Healthy Tendertaste Burger Sandwich

Serves 2

Ingredients

225g Lean Minced Beef,
2 Rashers Back Bacon,
2 Burger Buns,
50g Low Fat Cheddar Cheese,
15ml BBQ or Tomato Relish,
2 Slices Tomato or Mushroom

(Mayonnaise):

30ml Low Fat Mayonnaise,
5ml Wholegrain Mustard, Pesto or Curry Paste

For more burgers alter ingredients as required

Method

Place the Minced Beef into a large bowl, season and mix thoroughly.

Divide the mixture into two and shape into burgers.

Place under a pre-heated grill for 4-6 mins each side, until cooked thoroughly.

During the last 3 mins of cooking time, add the bacon rashers to the grill pan and continue cooking.

During the last minute of cooking time, half the burger buns. Place half of the cheese on one of the buns. On each remaining half spread the BBQ or tomato relish and top with tomato or mushroom slices.

Grill for the remaining minute.

Mix the mayonnaise ingredients together. Place the burgers in the bun and top with the bacon.

Eat

Serve with the mayonnaise, large mixed salad, coleslaw and homemade Cajun potato wedges.



Greek Pan Cooked Lamb

Serves 2

Ingredients

Lean Lamb Gigot Steaks or Neck Fillet,
Oil, Red Onion, Sundried Tomato Paste, Cherry Tomatoes, Feta Cheese,
Pitted Olives (optional), Fresh Parsley

Method

In a large pan heat 5ml oil and cook 8oz lean lamb steaks or neck fillet, cut into small cubes, for 3-4 mins. Add one sliced red onion and 15ml sundried tomato paste. Cook for a further 2-3 mins.

Remove from the heat and stir through 8 halved cherry tomatoes, 50g cubed feta cheese and a handful of pitted olives (optional).

Sprinkle with some chopped fresh parsley.

Eat

Serve with toasted pitta bread and tzatiki.

Spicy Lamb Fold

Serves 2

Ingredients

Lamb Gigot Steaks, Ground Cumin, Ground Coriander, Olive Oil,
Red Onion, Garlic Cloves, Cherry Tomatoes, Crème Fraiche, Cucumber,
Lime, Naan Bread

Method

Take 8oz lean lamb gigot steaks and cut into thin strips. Add them to 5ml ground coriander and 5ml ground cumin. Heat in a griddle pan 5ml olive oil, add 1 sliced red onion and 2 cloves garlic, squashed. Cook for 1-2 mins then add lamb strips. Cook for 3-4 mins. Add 5 halved cherry tomatoes and cook for 1-2 mins until softened. Meanwhile make cucumber and lime dollop - Mix 30ml crème fraiche with ¼ chopped cucumber, juice and rind of ½ lime. Heat 2 naan breads in oven for 2-3 mins, Spoon lamb mix into centre of naan bread, add spoonful of cucumber and lime dollop and carefully fold in two edges.

Serve with a big pile of napkins!

Blackened Beef Rib Eye Steak with Creole BBQ Sauce and Fruity Fennel Slaw

Serves 2

Ingredients

Thick Rib Eye Steak, Black Peppercorns, Dried Red Chilli Flakes, Mustard Seeds

(Creole BBQ Sauce):

Pineapple juice, Tomato Ketchup, Mango Chutney, Cider Vinegar

(Fruity Fennel Slaw):

Mango, Papaya, Fennel, Lime, Mint

Method

Crush together 10ml black peppercorns, 2.5ml dried chilli flakes, mustard seeds and coat each side of 2 thick rib eye steaks.

Creole BBQ Sauce:

Add to saucepan 200ml carton pineapple juice, 15ml tomato ketchup, 30ml mango chutney, 15ml cider vinegar, bring to the boil and simmer to reduce for about 10 minutes or until thick and syrupy.

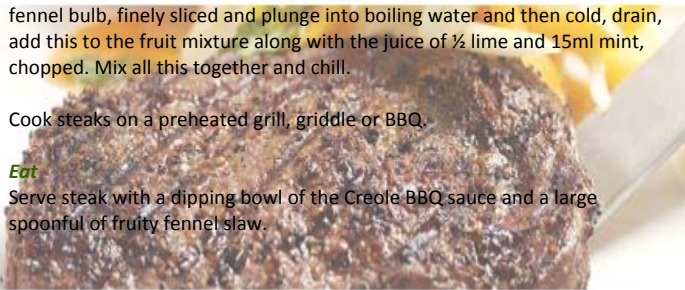
Fruity Fennel Slaw:

Peel, de-seed and slice 1 mango and 1 papaya fruit, place in a bowl. Take ½ fennel bulb, finely sliced and plunge into boiling water and then cold, drain, add this to the fruit mixture along with the juice of ½ lime and 15ml mint, chopped. Mix all this together and chill.

Cook steaks on a preheated grill, griddle or BBQ.

Eat

Serve steak with a dipping bowl of the Creole BBQ sauce and a large spoonful of fruity fennel slaw.



Tandoori Lamb Cutlets

Serves 4-6

Ingredients

Lamb Cutlets, Tandoori or Tikka paste, Lemon Juice, Low Fat Natural Yogurt, Fresh Mint

Method

In a bowl mix together 30ml tandoori or tikka paste, juice of ½ lemon, 150g pot natural yogurt, 15ml fresh mint, chopped. Add 8-12 lean lamb cutlets, mix thoroughly, cover and refrigerate. Marinade for around 4 hours.

Remove cutlets and place on a grill pan. Cook under a preheated grill for approx 10-15 mins, until cooked to your liking, turning occasionally.

Eat

Serve with vegetable rice, mini naan breads and Indian style chutneys.

Mediterranean Pork Salad

Serves 4

Ingredients

140g Pork Tenderloin cut into strips, 1tbsp Chopped Fresh Oregano, 1tbsp Chopped Rosemary, 1tbsp Chopped Thyme, 2 Chopped Garlic cloves, 2 Glugs Olive Oil, Salt and Black Pepper, 1tbsp Balsamic Vinegar, 1tbsp Indonesian Soy Sauce, 1tbsp Wholegrain Mustard, 1tbsp Capers, 1 bunch rocket, 1 Bunch Flat Leaf Parsley.

Method

Set aside rocket, parsley, capers and pork. Mix the rest of the ingredients in a bowl into a marinade. Marinade the pork in half the mixture. Cook the pork on hot griddle pan for 5-6 mins, until cooked thoroughly.

Mix the rocket and flat leaf parsley together with the capers and lay the griddled pork on top and dribble the remaining marinade over as a dressing.

Enjoy in the garden with a cool glass of beer!