



# Eat better. Feel better.

#Aussome ground beef recipes  
with Australian Grassfed Beef



Go Grassfed

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## AUSSIE GRASSFED BEEF RECIPES

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## **G'DAY MATE,**

Grassfed Beef from Down Under is sustainably raised in harmony with nature, in a land of abundant pasturelands, and produced to the highest standards of quality and integrity. Naturally lean, clean and nutritious. Australian grassfed beef is "Better for you and better for the planet".

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SERVES 4

RECIPE BY CHEF ADAM MOORE

## TIKKA MASALA BURGER WITH AUSSIE GRASSFED BEEF

These burgers feature a healthy richness from yogurt, dill and Indian spices. Top it off with your favorite veggies and tikka masala sauce for a meal filled with flavor.

### Ingredients

Portion size: 1 burger

Tikka masala burger:

- 1 pound Australian grassfed ground beef
- 1 tablespoon mild curry powder
- Kosher salt and pepper, to taste

Dill-lemon yogurt:

- 1 cup lemon juice
- 1 cup Greek yogurt, non-fat, plain
- 1 tablespoon fresh dill leaves, chopped

- 1 teaspoon fresh mint leaves, chopped
- ½ cup feta, crumbled

Garnish:

- 4 potato buns
- 4 pieces tomato, thinly sliced
- 12 pieces red onion, thinly sliced
- 2 cups romaine hearts, shredded
- 4 tablespoons tikka masala sauce

### Method

**For the burgers:** Combine the beef, curry powder and salt & pepper to taste in a small bowl; mix well. Form into ¼-pound patties and refrigerate until ready to use.

**For the dill-lemon yogurt:** Combine all the ingredients in a bowl and mix well. Season with salt and pepper. Keep at room temperature if using immediately, or refrigerate until ready to use. Bring up to room temperature before using, as this will prevent the sauce from chilling your burger when garnishing.

**To prepare:** Preheat a skillet over high heat. Add the burger patties and press with a spatula to form a crust during cooking. Cook until browned on the bottom, then flip the burgers and continue cooking to the desired doneness (3-4 minutes per side for medium rare, 5-6 minutes for medium, 6+ for well done). Remove the burgers from the pan and add the burger buns, cut-sides down; toast until golden, about 1 minute. Build your burger as you like and serve immediately with your favorite side dish.



SERVES 4

RECIPE BY AUSSIE BEEF & LAMB

## AUSSIE GRASSFED BEEF LOW-CARB LASAGNA

Looking for a way to get more veggies in your lasagna? Skip the pasta and use wide, thin “noodles” of squash and zucchini instead. The bonus is that it’s carb-free.

### Ingredients

Portion size:

one 4-x-4-inch piece

- 2 medium zucchini peeled into long ribbons
- 1 medium yellow squash peeled into long ribbons
- Kosher salt as needed

Filling:

- 1 pound Australian grassfed ground beef
- 1 small chopped onion
- 3 cups spaghetti sauce
- ½ teaspoon crushed fennel seeds
- ½ teaspoon black pepper

- 2 cups ricotta cheese
- 2 beaten eggs
- 2 cups shredded mozzarella
- ¼ cup grated Parmesan cheese

### Method

In a large bowl, lightly salt the zucchini and squash ribbons, then lay them on paper towels to remove excess moisture. For the filling: Preheat a large skillet over high heat and the oven to 375 degrees F. Add the beef and onions to the skillet. Cook until the meat is browned and the onions are translucent, about 7 minutes. Add the spaghetti sauce, fennel seeds, 1 teaspoon salt, and season with black pepper. Remove from the heat and reserve until ready to use. In a separate bowl, combine the ricotta cheese and eggs; whisk to combine. To cook: In an 8-x-8-inch baking pan, make one row of overlapping zucchini ribbons horizontally and one row of overlapping yellow squash ribbons vertically from edge to edge. Top with half of the meat mixture, half of the ricotta mixture, and 1 cup of mozzarella. Repeat again and top with a final layer of zucchini and squash ribbons. Sprinkle the top with the Parmesan and bake for 30 to 45 minutes, or until golden brown and bubbly.

To serve: Remove from the oven and allow the pan to rest for 10 to 15 minutes before slicing. Slice the lasagna into 4-x-4-inch squares and serve immediately.



SERVES 4 | RECIPE BY LINDSAY O'NEILL

## AUSSIE GRASSFED BEEF TACO SOUP

Lindsay O'Neill, culinary medicine chef and wellness coach, cooks up a simple and quick, one-pot meal using lean Australian grassfed beef with lots of veggies and tons of flavor for the ultimate in healthy comfort food.

### Ingredients

- 1 pound Australian grassfed ground beef
- 1/2 Vidalia onion, chopped
- 3 cloves garlic, minced
- 4 tablespoons taco seasoning
- 1 cup frozen corn
- 1 cup mixed veggies, chopped
- 1 handful of cilantro, chopped
- 8 ounce can of tomato paste
- 15 ounce can of black beans, drained
- 1 quart carton of vegetable broth
- 3 cups water
- 1 teaspoon olive oil

### Method

Heat a large soup pot over medium heat. Add 1 teaspoon of olive oil, then onion. Stir onion until starting to brown, then add garlic and turn off heat.

Crumble the beef into the onion and garlic mixture and use silicone or plastic spoon to break down meat. Cook on medium heat until all of the meat is brown, not burnt. Turn off heat.

Mix in tomato paste and all 4 tablespoons of taco seasoning into meat, then pour in vegetable broth and water. Heat on medium/high heat until it begins to boil, then turn down to simmer/low heat. Add frozen corn and mixed veggies and stir. Add drained beans and stir. Serve hot and top with fresh chopped cilantro.



SERVES 4 | RECIPE BY CHEF ADAM MOORE

## THE AUSSIE GRASSFED BEEF “BETTER BURGER”

Here's an indulgence you can feel good about - with grassfed beef and a flavorful yogurt-mustard spread, this burger is big on flavor but not the calories!

### Ingredients

- 1-pound Australian grassfed ground beef
- Kosher salt, for seasoning
- Black pepper, for seasoning
- Extra virgin olive oil, as needed
- 4 whole wheat burger buns
- ½ cup whole grain mustard
- ¼ cup non-fat Greek yogurt
- 1 ripe tomato, sliced thin
- 1 seedless cucumber, sliced thin
- 1 red bell pepper, sliced thin
- 1 red onion, sliced thin
- Fresh herbs, as desired
- 1 head butter lettuce

### Method

Preheat grill over high heat. Portion the ground beef into ¼ pound patties. Season with salt and pepper cook to desired doneness. Meanwhile, in a small bowl, mix together the mustard and yogurt. Set aside. In another bowl, toss together the remaining vegetables and herbs, except for the lettuce.

Season with salt and let sit over a strainer to release excess water while the burgers finish cooking- about 5 minutes. To serve, toast buns and layer in the following order: bun heel, mustard-yogurt sauce, lettuce, burger, vegetable salad and the bun top. Serve with your favorite side dish.



SERVES 4 | RECIPE BY AUSSIE BEEF & LAMB

## KOREAN AUSSIE GRASSFED BEEF LETTUCE CUPS WITH KIMCHI

Were lettuce cups the ridgy-didge taco in Asia? Make these with gluten-free soy or tamari and the whole dish is gluten-free!

### Ingredients

For the beef:

- 1½ pounds Australian grassfed ground beef
- 2 teaspoons ginger, finely grated
- 1 teaspoon garlic, finely chopped
- 2 spring onions, finely chopped

- 2 teaspoons soy sauce
- 1 teaspoon sugar

For the lettuce cups:

- 8 iceberg lettuce leaves, trimmed
- ½ cup kimchi, chopped
- Tomato slices and sesame seeds to taste

### Method

For the beef: Mix the beef with the ginger, garlic, spring onion, soy sauce and sugar. Form into 8 long patties and brush with vegetable oil.

To cook: Preheat a ridged chargrill or barbeque to moderately high and cook the patties for 3 minutes each side or until cooked to your liking. Set aside to rest for 5 minutes, covering loosely with foil.

To serve: Place the patties in the lettuce cups and top with the kimchi to taste. Serve with tomato slices and a sprinkling of sesame seeds.





SERVES 4

RECIPE BY AUSSIE BEEF & LAMB

## AUSSIE GRASSFED BEEF VIETNAMESE-STYLE MEATBALL SANDWICH

We love a meatball sub, but this Vietnamese-inspired version is on a whole other level. Use a french roll and Aussie grassfed beef, and the quick-pickled veggies add the perfect balance.

### Ingredients

- 1-pound Australian grassfed ground beef
- 2 cloves garlic, crushed
- 1 tablespoon Sriracha sauce
- 1 bunch cilantro, leaves and stems finely chopped
- 1 tablespoon sunflower oil
- 1 carrot, peeled lengthwise into ribbons
- 1 tablespoon white vinegar
- ½ teaspoon salt
- 1 cucumber, sliced lengthwise into long batons
- 2 Roma tomatoes, sliced
- 4 sandwich rolls
- Cilantro sprigs to serve
- Sriracha sauce to serve

### Method

**For the steaks:** Brush with oil and season with pepper. Place a chargrill pan over high heat and cook steak for 3 minutes on each side for medium rare or until cooked to your liking. Rest steaks on a plate.

**For the carrots:** Peel carrots into ribbons with a vegetable peeler and toss with the rice vinegar. Leave to pickle for 10 minutes.

**For the noodles:** Cover vermicelli in boiling water for 5 minutes or until tender, drain and rinse with cold water, drain again. Combine the dressing ingredients.

**To serve:** Combine cabbage, carrots plus pickling liquid, vermicelli, cucumber, snow peas and mint leaves, and toss with dressing. Top salad with sliced beef and peanuts.



SERVES 4

RECIPE BY AUSSIE BEEF & LAMB

## AUSSIE GRASSFED BEEF BOLOGNESE

A good bolognese is so much more than just a pasta sauce. The classic savory combination of lean, high-quality protein, veggies and tomato is a foundation for all sorts of meals to keep the weeknights fresh and new.

### Ingredients

- 1 pound ground Australian grassfed beef
- 1 red onion, finely chopped
- 1 large carrot, finely chopped
- 2 celery stalks, finely chopped
- 2 garlic cloves, crushed
- 2 Tablespoons tomato paste
- 14 ounce can diced tomatoes
- 1 Tablespoon extra virgin olive oil
- 2 Tablespoons thyme leaves
- 1 cup beef stock
- 1/3 cup basil leaves, torn

### Method

Heat oil in a large non-stick skillet over medium-high heat. Add onion and cook for 5 minutes until softened. Add garlic, carrot and celery and cook for 2-3 minutes. Add beef and cook for 5 minutes or until browned. Add tomato paste, tomatoes, thyme, and stock and bring to a boil.

Reduce heat and simmer for 10-12 minutes or until sauce has thickened to your desired consistency.

Season to taste and stir in basil leaves.



SERVES 4

RECIPE BY AUSSIE BEEF & LAMB

## MEXICAN RICE AND BLACK BEANS WITH AUSSIE GRASSFED BEEF

With a bit of taco seasoning flavor magic, last night's grassfed beef bolognese gets a new life for a Mexican-themed dinner, served up as a bowl, burritos or tacos.

### Ingredients

- 1 ¼ pounds cooked beef Bolognese sauce (see page # for Bolognese base recipe)
- 1 cup cherry tomatoes, quartered
- 1 large avocado, thinly sliced
- 2 cups cooked basmati rice
- 1 (14 ounce) can black beans, rinsed, drained
- 2 Tablespoons reduced sodium taco seasoning
- To serve: Cilantro and lime wedges

### Method

Spray a large non-stick skillet with olive oil and heat over medium-high heat. Add beef bolognese, taco seasoning and black beans. Cook for 3-4 minutes or until heated through.

Divide rice between plates and top with Mexican beef, tomatoes and avocado. Garnish with cilantro and lime wedges, to serve.



SERVES 4

| RECIPE BY AUSSIE BEEF & LAMB

## VEGETABLE AND BOLOGNESE STACK WITH AUSSIE GRASSFED BEEF

Like a lasagne without the heavy cheese or pasta noodles, this is a fun dish to plate up with endless variations based on the season and the veggies you like best.

### Ingredients

- 1 ¼ pounds cooked beef Bolognese (see Bolognese: base recipe, page 10)
- 1 large eggplant, thinly sliced into ¼ cm rounds
- ¾ pounds butternut squash, thinly sliced
- 2 red bell peppers, sliced
- 2/3 cup baby spinach
- Wholegrain bread roll or wrap
- Olive oil spray
- 2 ounces feta cheese, crumbled
- To serve: Baby arugula leaves, cherry tomatoes (quartered)

### Method

Preheat a large skillet or grill over medium-high heat. Lightly spray both sides of eggplant, butternut and peppers and char-grill vegetables, in batches, for 2-3 minutes each side or until tender and lightly charred. Set aside to keep warm.

Meanwhile, place Bolognese in a medium saucepan and reheat over medium-low heat for 3-4 minutes

On serving plates layer char-grilled vegetables, baby spinach and beef Bolognese to create a stack. Top with feta, season with ground pepper and serve with baby arugula, cherry tomatoes and wholegrain bread roll or wrap.



SERVES 4 | RECIPE BY AUSSIE BEEF & LAMB

## DOWN UNDER MAC AND CHEESE

Mac and cheese is just as popular Down Under as in America. It gets that Aussie flavor from grassfed ground beef.

### Ingredients

- 1 pound ground Australian grassfed beef
- 6 tablespoons unsalted butter
- 4 tablespoons flour
- 4 cups milk
- 1 pound cubed Velveeta
- 1 cup shredded mild cheddar cheese
- 3 cups uncooked shell pasta
- 1 cup sweet peas

#### Garnish:

- 1/4 cup Panko bread crumbs
- 1 teaspoon, plus more if desired, chopped fresh rosemary leaves
- Kosher salt and black pepper to taste

### Method

Preheat the oven to 425 degrees F. In a large sauce pot over MEDIUM-HIGH heat, melt 3 Tablespoons of butter and add the ground beef. Break beef into small crumbles and cook until browned. Once place beef in a small bowl and set aside. Next, melt remaining butter and whisk in the flour to form a roux- cook for 1 minute. Whisk in the milk, 1/2 cup at a time, allowing it to thicken before adding the remaining milk. Once all the milk has been added, add the Velveeta and stir until melted. Turn off the heat, add the cheddar, and stir until melted. Cook pasta to package instructions. Stir the pasta, peas and the beef into the cheese sauce. Mix well and place in a 9x13 casserole dish.

Top the mac 'n' cheese with bread crumb mixture and bake for 25 minutes, or until golden and bubbly. Remove from the oven and top with more fresh rosemary (if desired). Serve immediately.

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