



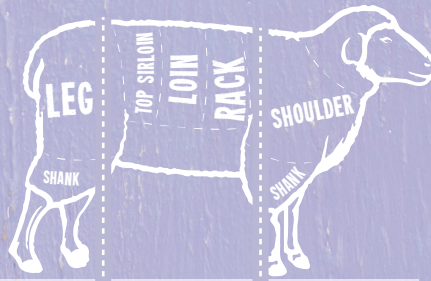
TRUE AUSSIE LAMB

COOKING LAMB IS SIMPLE

#SimplySpring

www.simplyspringtable.com

TIPS, TRICKS AND FLAVOR PAIRINGS



THE CUT	COOK IT
<ul style="list-style-type: none"> • top sirloin • rump • leg • hind shank 	<ul style="list-style-type: none"> • low and slow • braise • roast
<ul style="list-style-type: none"> • T-bone • chop • rack 	<ul style="list-style-type: none"> • quick and high heat • sauté • grill
<ul style="list-style-type: none"> • shoulder • fore shank 	<ul style="list-style-type: none"> • low and slow • braise • roast

Tips!

- **Remember:** Low and slow for larger roast cuts, quick and high heat for smaller steak cuts.
- Bring meat up to room temperature before cooking.
- Australian lamb is pasture-raised, so stick to medium-rare for best results.
- Allow lamb steaks, chops and roasts to **rest 5-10 minutes before cutting** – it keeps them nice and juicy.

Flavor Pairings

Flavor	Ingredients	Use	Method
American BBQ	brown sugar, paprika, garlic, onion, pepper, chile	rub	slow roast, grill
Mid East	lemon, parsley, cumin, coriander, cardamom, cumin	rub	roast, grill, braise
Latin	lime, chile, cumin, garlic, cinnamon, oregano, tomato	marinade/sauce	roast, grill, braise

DISHES THAT EVERYONE WILL LOVE



Quick Fact:

Aussie Lamb is delicious, tender and mild in flavor (that's because it is pasture-raised on beautiful natural grasslands).



Aussie Lamb Bowl-ito

A burrito without the wrap and quick to cook – what's not to love?!

Find full recipe at simplyspringtable.com

EASY LAMB FETTUCCINE ALFREDO

Creamy fettuccine is familiar and easy to cook in large batches!



Step 1

Get the ingredients



1 lb cooked, shredded Australian lamb shoulder



16 oz. jar of Alfredo Sauce



1 lb dried fettuccine noodles



10 fresh basil leaves, roughly chopped

Step 2

Get the full recipe at: www.simplyspringtable.com

Step 3

Simply Spring it



Make the recipe in a jif

Impress friends & family with **#aussome** food!

ONE DISH, THREE WAYS

Transform **Weeknight Lamb Gyros** three ways:



Ingredients

- Australian leg of lamb, trimmed and cut into steaks
- all-purpose greek seasoning
- jar of pre-made tzatziki sauce
- English cucumber
- pita bread

For the full recipe visit, simplyspringtable.com.

Place sliced lamb atop:

- tomato
- cucumber
- crunchy lettuce greens
- red onion

Mediterranean Salad

Tips!

- Add a hint of milk or water to the tzatziki sauce for a quick yogurt dressing.
- Chop the pita bread and toast with olive oil for quick and easy croutons!

- a dollop of the tzatziki sauce
- fresh roasted spring vegetables
- a squeeze of lemon

Simply replace the pita with white bread and pile high with:

- crunchy lettuce
- sliced tomato
- red onion
- tzatziki sauce
- sliced lamb



Instead of slicing the lamb, slice it into steaks and serve with:



Mediterranean Lamb Steaks

ONE PAN COOKING

AUSSIE LAMB WITH MISO RAMEN NOODLES

Ingredients

- 1-1/2 lbs Aussie lamb, trimmed
- 2 Tbsp. miso paste
- 1 tsp. sunflower oil
- ¼ cup green beans, cut into 1" lengths
- 1 carrot peeled, cut into thin rectangles
- ½ cup mushrooms, thickly sliced
- 2 cups wheat noodles
- 2 Tbsp. soy sauce
- 4 spring onions, thinly sliced for garnish
- long red chillies (optional) for garnish

Method

- 1 Brush Aussie lamb steaks with half the miso paste, preheat a lightly oiled pot or wok and sear steaks, set aside.
- 2 Stir-fry veggies in same pan. Add miso with 2 cups water, noodles and soy sauce. Cook for 4-5 min.
- 3 Divide veggies and noodles into bowls. Top with sliced Aussie lamb, spring onions and chillies.

For more recipes and tips for cooking lamb, visit simplyspringtable.com.