

**FEEL  
GOOD  
ABOUT  
MEAT**

## LAMB STIR-FRY WITH CASHEWS, LIME AND MINT

Serves: 4    Preparation time: 10 minutes    Cooking time: 12 minutes



### INGREDIENTS

400g (14oz) Scotch Lamb leg steaks cut into strips  
2 tbsp olive oil  
75g (2½oz) cashew nuts, coarsely chopped  
450g (1lb) stir fry vegetables, ie broccoli florets, green beans, baby corn, pak choi  
Finely grated rind and juice of 2 limes  
2 tbsp freshly chopped mint  
4 spring onions, chopped  
1 small red chilli, deseeded and finely chopped  
2 tbsp Thai fish sauce

Live up your taste buds with sizzling Scotch Lamb. Fresh flavours provide a perfectly balanced recipe for all the family. Swap limes for oranges, mint for coriander – there are endless healthy combinations, and don't forget Specially Selected Pork and Scotch Beef are perfect for the wok too.

### COOKING INSTRUCTIONS

Heat 1 tbsp oil in a wok or large frying pan. Stir-fry the lamb in batches for 2-3 minutes. Drain and set aside.

Add the cashews to the pan and stir-fry until just lightly coloured. Set aside with the meat.

Heat the remaining oil in the pan and stir-fry the vegetables over a high heat for 4-5 minutes until only just softening.

Toss in the lime rind and juice, mint, spring onions, chilli and fish sauce. Bring to sizzling point then return the meat and nuts to the pan. Briskly stir-fry for a further minute until piping hot.

Delicious served with noodles or plain cooked rice.



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iron

zinc

B vitamins

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# FEEL GOOD ABOUT MEAT

**Feel good about meat...** Why? Because it's nutritionally rich. So a healthy cooked portion goes a long way towards supplying your body with essential nutrients to keep you healthy and happy.

iron  zinc  B vitamins

Meat contains haem iron, the type that is easily absorbed by the body. Did you know that around 40% of women in their twenties and thirties don't eat enough iron\*, while up to 16% of women could be classed as iron deficient?

One in ten pensioners may be iron deficient, rising to nearly 40% in elderly men\*\*. This is probably because older people have difficulty absorbing iron from non-meat sources such as cereals and vegetables.

Some 50% of teenage girls have inadequate iron intakes while a third may be iron deficient\*\*\*. Children who eat red meat and drink fruit juice are less likely to be deficient in iron.

**If you are at all concerned about iron deficiency, consult your doctor.**

## Let's Talk Nutrients!

Lamb is rich in protein, essential for energy and the body's growth and repair. In fact, meat is the top source of protein in the UK diet. One 90g portion supplies half of your recommended daily intake.

Lamb is also one of the top three sources of iron in the UK diet and contains the high quality haem iron that is easily used by the body. Iron's good for our blood and helps carry more oxygen around our bodies.

Lamb is rich in zinc, too, which you need for muscle recovery, and contains Vitamin B6 which is known to support immune function. Not only that, meat makes a major contribution to selenium and copper intakes.

With a good, balanced diet, it's easy to make sure your body is getting enough nutrients.

Enjoy lamb and other red meats, beef and pork, as part of a balanced diet, including at least five portions of fruit and vegetables every day.

## Let's Get Lean!

Nowadays we all know that eating less fat is best for health and body weight. The good news is that meat has moved with the times and become much leaner too. Thanks to improved farming methods, the fat content of meat has reduced by a third over the past 30 years. So, by choosing lean red meat as part of your weekly shop you can stay lean too!

## Want to cut the fat without cutting the taste?

- Try healthier cooking methods such as dry frying, grilling or roasting.
- Choose cooking oils such as sunflower, rapeseed or olive oil.
- All the essential nutrients in meat are found in the lean parts.
- Cut visible fat off before cooking.
- Drain and discard excess fat before serving.

**Healthy eating** doesn't have to be hard work. Here are two recipes that are quick, easy to prepare, and sure to be a hit with the whole family.

## LAMB CHOPS WITH SPICY COUSCOUS AND AN APRICOT SAUCE

Serves: 4-6

Preparation time: 10 minutes    Cooking time: 30 minutes

### INGREDIENTS

12 Scotch Lamb cutlets/chops (cut from the best end)  
1 tbsp olive oil  
Spiky leaves from 1 large sprig of fresh rosemary  
2 garlic cloves, crushed  
Coarse salt and freshly ground black pepper

### For the apricot sauce:

1-2 tbsp rapeseed oil, or similar  
75g (3oz) shallots, very thinly sliced  
1 garlic clove, crushed  
1 tsp each ground cinnamon and ground coriander  
½ tsp each ground turmeric and ground cumin  
1 tsp light soft brown sugar  
50g (2oz) dried apricots, finely diced  
300ml (10floz) chicken stock  
1 tbsp chopped fresh mint

### For the couscous:

1-2 tbsp rapeseed oil, or similar  
1 tsp each ground cinnamon and ground coriander  
½ tsp ground cumin  
1 tbsp light soft brown sugar  
450 ml (15floz) chicken stock  
25g (1oz) raisins  
15g (½oz) pine nuts, toasted  
250g (9oz) couscous  
4 tbsp olive oil  
1 tbsp lemon juice  
2 tbsp chopped fresh coriander

### COOKING INSTRUCTIONS

Mix together the olive oil, rosemary leaves and garlic, pour this over the lamb, cover and chill to marinate for up to 12 hours.

### Apricot Sauce

Melt the oil in a pan, add the shallots and garlic and fry until softened. Add the spices and sugar and cook for 2 minutes. Stir in the dried apricots and stock, cover and simmer for 15-20 minutes. Add the mint, then liquidise until smooth. If the sauce looks too thick, add more stock.

### Spicy Couscous

Melt the oil in a large pan. Add the spices and fry gently for 1 minute. Stir in the sugar and stock and bring to the boil. Add the raisins, pine kernels and the couscous, stirring constantly. Remove from the heat, cover and set aside for 5 minutes, stirring with a fork halfway through. Stir in the olive oil, lemon juice and chopped coriander. Cover and keep warm.

### Lamb

Heat a frying pan until very hot. Lift the lamb out of the marinade, season with salt and pepper on both sides, and then fry each side for 1-2 minutes until well browned. Set aside somewhere warm and leave to relax for 10 minutes. Serve 3 chops per person, on top of the couscous. Drizzle the apricot sauce. Serve.

\*National Diet and Nutrition Survey (2003)

\*\*National Diet and Nutrition Survey (1998)

\*\*\* National Diet and Nutrition Survey (2000)