

TIP

60g dry pasta makes
1 cup of cooked pasta.

1 serve of ragout is
approximately 2 large
serving spoons.



Slow cooked beef ragout

No. serves per person	Ingredients	Variations
V 4	<ul style="list-style-type: none"> • ½ celery • ¼ onion + ¼ carrot • 3-4 mushrooms • 1 handful spinach 	<ul style="list-style-type: none"> • Spinach • Zucchini • Red capsicum
C 2	1 cup cooked pasta	Wholegrain bread or bread roll
P 1½	150g lean chuck steak (raw weight)	Diced lamb shoulder or beef blade steak
Flavour	Garlic, no added salt tomato paste, balsamic vinegar, reduced salt beef stock, brown sugar	Chopped thyme, fresh parsley or rosemary

Spiced rubbed lamb cutlets with hummus & char grilled vegetables

No. serves per person	Ingredients	Variations
V 3	<ul style="list-style-type: none"> • ½ corn • 2 slices pumpkin • 4 asparagus or ½ bunch 	<ul style="list-style-type: none"> • Zucchini • Red capsicum • Baby spinach and/or rocket leaves
C 2	1 flat bread	Baked potato wedges
P 1½	3 lean lamb cutlets (240g with bone, raw weight)	Lean lamb loin or forequarter chops or beef steak e.g. sirloin, scotch fillet, rump medallion
Flavour	Coriander, cumin and sesame seeds (meat rub) Serve with hummus	Dukkah (meat rub)

TIP

Grill extra vegetables
and add to salads
or sandwiches
for lunch.

