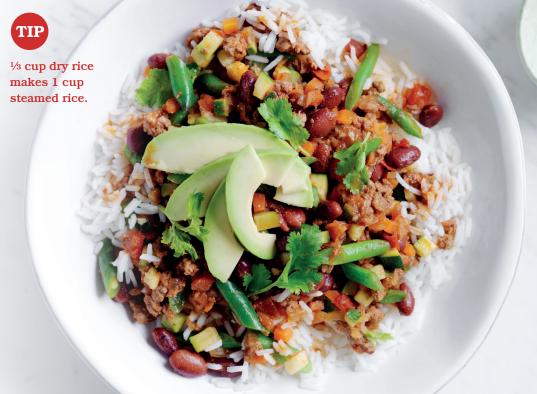


Mexican beef with kidney beans

No. serves per person	Ingredients	Variations
V 41/4	 ¼ onion ¼ carrot + ¼ zucchini 1 small tomato 1 handful green beans ¼ avocado to serve 	 Fresh or frozen corn kernels Frozen peas Diced red capsicum
C 2	 ½ can kidney beans ½ cup cooked rice 	Four bean mix Brown lentils or chickpeas
P 1	100g lean beef mince (raw weight)	Lean lamb mince
Dairy 1/4	Serve with a dollop of yoghurt	
Flavour	Chopped parsley	Chopped coriander Salt reduced beef stock

Beef skewers with tabbouli

No. serves per person	Ingredients	Variations
V 31/4	 ¼ red capsicum + ¼ green capsicum ¼ cucumber + ¼ carrot 1 small tomato ¼ cup parsley 	Shredded red cabbageGrated carrotSliced snow peas and shallots
C 2	³ / ₄ cup soaked bulghur or cracked wheat	Quinoa or barley
P 2	200g lean beef rump or blade steak, diced (raw weight)	Lean lamb leg steak
Flavour	Garam masala, olive oil (meat rub) Lemon juice, olive oil, pepper (tabbouli)	Chinese five spice (meat rub) Salt reduced soy and lime juice



Recipes available at www.mlahealthymeals.com.au