

# Arlene Normand



# Recipe Guide



Welcome to my recipe guide. This guide provides you with a wonderful array of **MEAT RECIPES**. They are delicious and I hope you enjoy them.

All my best

*Arlene*

Arlene Normand

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## Recipe Guide



### Asian beef stir-fry

**Ingredients (serves 4)**

**1 serve = 1 protein, 2 carbohydrates**

500g hokkien noodles

2 tsp olive oil

400g lean beef rump steak, excess fat removed, thinly sliced across the grain

200g broccoli, cut into small florets

2 medium zucchini, cut into thick sticks

150g green beans, topped, diagonally sliced

1 tbs water

2 tbs hoisin sauce (Ayam brand)

2 tbs soy sauce

### **Method**

Place the noodles in a large heat-resistant bowl and cover with boiling water. Stand for 5 minutes and then drain well. Set aside.

Meanwhile, heat 1/2 the olive oil in a large wok over high heat. Add the beef and stir-fry for 2-3 minutes or until just cooked. Remove from the wok and set aside.

Add the remaining olive oil and reduce heat to medium-high. Add the broccoli, zucchini and beans. Stir-fry for 2 minutes. Add the noodles and water. Cover and cook, tossing occasionally, for 1-2 minutes or until the vegetables are tender but crisp.

Return beef to the wok with the hoisin sauce and soy sauce. Toss until well combined and heated through. Serve immediately

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### Asian beef & vegetable casserole

**Ingredients (serves 8)**                      **1 serve = 1 protein**

- 2 tbs plain flour
- 1.5kg beef casserole steak (such as chuck steak or gravy beef), cut into 4cm pieces
- 2 tbs olive oil
- 1 brown onion, halved, thinly sliced
- 3 carrots, peeled, cut into 2cm-thick slices
- 4 whole star anise
- 4cm-piece fresh ginger, peeled, thinly sliced
- 2 stems lemon grass, pale section only, halved
- 500ml (2 cups) beef stock
- 125ml (1/2 cup) brandy
- 90g (1/3 cup) tomato paste
- 300g green beans, topped
- Fresh coriander leaves, to serve
- Steamed rice, to serve

### **Method**

Preheat oven to 180°C. Place the flour on a plate. Season with salt and pepper. Add the beef and toss to coat. Shake off any excess. Heat half the oil in a 4L (16-cup) capacity flameproof, ovenproof casserole dish over medium heat. Add half the beef and cook for 2-3 minutes each side or until brown. Transfer to a plate. Repeat with remaining oil and beef, reheating the dish between batches. Add the onion and carrot to the pan and cook, stirring, for 5 minutes or until onion is soft. Add the star anise, ginger and lemon grass, and stir to combine. Add the beef, stock, brandy and tomato paste to the dish. Cover and bake for 1 1/2 hours or until the beef is tender. Meanwhile, cook the beans in a medium saucepan of boiling water for 3-4 minutes or until bright green and tender crisp. Drain. Add the beans to the beef mixture and stir to combine. Top the beef mixture with coriander. Serve with steamed rice.

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### ASIAN STYLE MEATBALLS

400g minced beef  
ginger

1 clove garlic, crushed  
2 tablespoons soy sauce

1 egg, lightly beaten  
coriander

cooking oil spray

### PLUM SAUCE

1/3 cup plum sauce

1/4 cup chicken stock

1. Combine beef, ginger, garlic, breadcrumbs, sauce, oil, egg and coriander; mix well. Cover; refrigerate for 1 hour.

2. Roll level tablespoons of mixture into balls. Spray a heated non-stick fry pan with oil; add pork balls, in batches. Cook, turning frequently, until browned and cooked through.

3. Plum Sauce. Combine sauce and stock in a small bowl; mix well.

4. Serve meatballs with Plum Sauce.

Serves 4

1 serve = 1 protein

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### ASPARAGUS AND BEEF STIR-FRY

2 tablespoons soy sauce	1 tablespoon cornflour
1 teaspoon sesame oil	1 cup vegetable stock
½ teaspoon chilli flakes	1 teaspoon vegetable oil
500g eye fillet steak, thinly sliced	1 clove garlic, crushed
1 bunch asparagus, chopped	6 spring onions, chopped
100g snow peas, trimmed	

1. Combine sauce, cornflour, oil, stock and chilli flakes in a bowl.
2. Heat vegetable oil in a non-stick wok or pan; add beef, in batches, stir-fry until browned. Remove from wok.
3. Add garlic, asparagus and spring onions; stir-fry for 2 minutes or until asparagus is tender. Return beef with snow peas and soy mixture; stir until sauce boils and thickens.

Serves 4                      1 serve = 1 protein

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### **Baby beet, lamb and spinach salad**

**Ingredients (serves 4)**

**1 serve = 1 protein**

500g lamb backstraps

1/3 cup olive oil

100g baby spinach leaves

75g feta cheese, crumbled

425g can baby beets, drained, halved

1/3 cup walnuts, toasted

1 tablespoon red wine vinegar

### **Method**

Preheat a barbecue plate or chargrill over medium-high heat. Brush lamb with 1 tablespoon of oil. Season with salt and pepper. Cook lamb for 5 minutes each side for medium or until cooked to your liking. Remove to a plate. Cover with foil. Set aside for 5 minutes to rest.

Combine spinach, feta, beets and walnuts in a large bowl. Thinly slice lamb. Add to salad. Toss to combine.

Combine vinegar and remaining oil in a jug. Season with salt and pepper. Drizzle over salad. Serve.

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### **Baked lamb chops with pumpkin**

**Ingredients (serves 4)**

**1 serv e= 1 protein 1**

**carbohydrate**

1 (680g) golden nugget pumpkin, cut into wedges, deseeded

Olive oil cooking spray

8 lamb loin chops, trimmed

1 cup orange marmalade

1/4 cup orange juice

2cm piece ginger, peeled, finely grated

175g baby green beans, trimmed, steamed

### **Method**

Preheat oven to 200°C. Line a baking tray with baking paper. Place pumpkin wedges onto prepared tray. Spray with oil. Season with salt and pepper. Bake for 15 minutes.

Meanwhile, place chops into a large ovenproof baking dish. Combine marmalade, orange juice and ginger in a bowl. Season with salt and pepper. Spoon mixture onto chops. Turn to coat. Place chops into oven under pumpkin. Bake both for a further 35 minutes or until chops are cooked through and pumpkin is golden and tender. Place chops onto serving plates. Drizzle with pan juices. Serve with pumpkin and beans.

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### **Balsamic lamb and beetroot salad**

#### **Ingredients (serves 4)**

**1 serve = 1 protein**

2 garlic cloves, crushed

1/3 cup balsamic vinegar

3 (400g) lamb leg steaks, trimmed

olive oil cooking spray

80g baby rocket

1 medium red capsicum, chopped

1 small red onion, thinly chopped

1/4 cup roughly chopped fresh flat-leaf parsley leaves

425g can baby beets, drained, halved

60g reduced-fat feta cheese, crumbled

#### **Method**

Combine garlic and 2 tablespoons vinegar in a shallow glass or ceramic dish. Add lamb. Season with salt and pepper. Turn to coat. Cover and refrigerate for 15 minutes to allow flavours to develop.

Heat a large frying pan over medium-high heat. Spray lamb with oil.

Cook for 3 minutes each side for medium or until cooked to your liking.

Transfer to a plate. Cover with foil to keep warm.

Combine rocket, capsicum onion, parsley, baby beets and remaining vinegar in a large bowl.

Cut lamb into 1cm-thick slices. Place rocket mixture on a serving plate.

Top with lamb slices and feta. Serve.



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### **Barbecued chilli and sesame beef with red cabbage slaw**

#### **Ingredients (serves 4)**

2 tbs sesame seeds

2 tsp sambal oelek (see note)

1/4 cup (55g) caster sugar

2 tbs vegetable oil

4 (about 600g) thick boneless sirloin (New York cut) steaks, fat trimmed, thinly sliced

1/4 (about 300g) red cabbage, thinly sliced

3 green onions, trimmed, thinly sliced

3 red radishes, cut into matchsticks

Steamed rice, to serve

#### **1 serve = 1 protein**

2 garlic cloves, peeled

1/4 cup (60ml) soy sauce

1/4 cup (60ml) white vinegar

#### **Method**

Preheat barbecue on high. Place sesame seeds in small frying pan over low heat and cook, stirring, for 1 minute or until toasted. Transfer seeds and garlic to a mortar and pound with a pestle until smooth. Add the sambal oelek, soy sauce, sugar, vinegar and oil, and stir to combine.

Place beef slices in a medium bowl and stir through 1/4 cup of the sesame mixture. Cover with plastic wrap and set aside.

Combine cabbage, green onion, radish and half of remaining dressing in a bowl.

Cook beef on barbecue for 1 minute each side or until browned and just cooked. Toss steak in remaining dressing.

Divide the cabbage mixture among serving dishes. Top with beef and serve immediately with steamed rice, if desired.

#### **Notes**

Sambal oelek is a chilli paste found in the Asian section of supermarkets.

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### **Barbecued mustard veal cutlets**

#### **Ingredients (serves 4)**

**1 serve = 1 protein**

60ml (1/4 cup) dry white wine

2 tbs tamari (wheat-free soy sauce)

1 tbs wholegrain mustard

1 garlic clove, crushed

4 veal cutlets, excess fat trimmed

Salt & freshly ground black pepper

salad, to serve

#### **Method**

Combine the wine, tamari, wholegrain mustard and garlic in a large glass or ceramic bowl.

Add the veal cutlets and toss to coat in the marinade. Cover with plastic wrap and place in the fridge for 10 minutes to develop the flavours.

Preheat a barbecue grill or chargrill pan on high. Remove the veal cutlets from the marinade and reserve the marinade. Season veal cutlets with salt and pepper. Cook on grill for 2 minutes each side. Reduce heat to medium and cook, basting the cutlets frequently with the reserved marinade, for a further 4-5 minutes each side for medium or until cooked to your liking. Divide the veal cutlets among serving plates and serve with salad.



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### **Beef in black bean sauce**

**Ingredients (serves 4)**

**1 serve = 1 protein**

- 2 teaspoons cornflour
- 1 tablespoon soy sauce
- 1 tablespoon black bean sauce
- 1 tablespoon hot chilli sauce
- 1/4 cup chicken stock
- 1 1/2 tablespoons peanut oil
- 600g beef rump steak, trimmed, very thinly sliced
- 1 medium brown onion, cut into wedges
- 1 medium green capsicum, cut into 2cm pieces
- 1 garlic clove, crushed
- 2cm piece fresh ginger, peeled, grated
- 100g cup mushrooms, sliced
- 3 green onions, cut into 5cm lengths

### **Method**

Whisk cornflour and soy sauce in a jug until smooth. Stir in black bean sauce, chilli sauce and stock.

Heat a wok over medium-high heat. Add 1 tablespoon oil. Swirl to coat. Cook beef, in batches, for 1 to 2 minutes or until browned. Transfer to a bowl.

Heat remaining oil in wok. Add brown onion. Stir-fry for 2 minutes or until softened. Add capsicum, garlic and ginger. Stir-fry for 3 to 4 minutes or until capsicum is just tender. Add mushroom. Stir-fry for 2 minutes or until softened.

Return beef and juices to wok. Add sauce mixture. Stir-fry for 2 to 3 minutes or until sauce boils and thickens. Add green onion. Toss to combine. Serve.

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### **Beef Fillets with Spiced Honey Sauce**

1 medium carrot  
4 green shallots  
100grams green beans  
Oil spray  
4 small beef eye fillet steaks (300 grams)

### ***Spiced Honey Sauce***

10 grams butter  
½ teaspoon grated fresh ginger  
1-teaspoon honey  
2 teaspoons light soy sauce  
2 teaspoons Worcestershire sauce  
1 Tablespoon water

Cut carrot into thin 10 cm strips. Cut shallots and beans into 10 cm lengths. Boil, steam or microwave vegetables until just tender, drain. Spray non-stick pan, add steaks, cook until tender and done as desired. Serve steaks with vegetables, drizzled with spiced honey sauce.

**Spiced Honey Sauce:** Heat butter in pan, add ginger, cook, stirring, about 1 minute or until aromatic. Add honey, sauces and water, stir over heat until boiling.

Serves 2                      1 serve = 1 protein

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### **Beef salad**

#### **Ingredients (serves 4)**

1/2 cup sweet chilli sauce  
1/4 cup lime juice (2 to 3 limes)  
1 Lebanese cucumber, diced  
1 small red capsicum, diced  
1 small red onion, finely chopped  
1/4 cup coriander leaves (optional)

#### **1 serve = 1 protein**

2 tablespoons fish sauce  
1 tablespoon brown sugar  
3 tomatoes, finely chopped  
4 large sirloin steaks

#### **Method**

Combine sauces, juice and sugar in a bowl. Cover with plastic wrap and refrigerate until required.

Combine cucumber, tomatoes, capsicum, onion and salt and pepper in a large bowl. Cover and refrigerate until required.

Preheat a barbecue or chargrill on high. Season steaks with salt and pepper and cook for 3 to 4 minutes on each side for medium, or to taste.

Remove to a plate, cover with foil and rest for 10 minutes.

Thinly slice beef across the grain. Place salad onto serving platter, top with beef and drizzle with dressing. Sprinkle with coriander and serve.

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### **Teriyaki beef**

**Ingredients (serves 4)**

**1 serve = 1 protein**

- 1 tablespoon vegetable oil
- 1 medium brown onion, chopped
- 2 garlic cloves, crushed
- 600g beef mince
- 1 tablespoon plain flour
- 1/4 cup teriyaki sauce
- 2 teaspoons rice wine vinegar
- 1 teaspoon sesame oil
- 1 tablespoon brown sugar
- 150g snow peas, trimmed, sliced
- 3 green onions, thickly sliced
- Toasted sesame seeds and steamed jasmine rice, to serve

### **Method**

Heat vegetable oil in a large frying pan over medium-high heat. Add brown onion and garlic. Cook, stirring, for 3 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 to 10 minutes or until browned and cooked through. Add flour. Cook, stirring, for 1 minute. Add teriyaki sauce, vinegar, sesame oil and sugar. Reduce heat to medium-low. Cook, stirring occasionally, for 5 minutes or until sauce thickens. Add snow peas and green onion. Cook for 2 minutes or until snow peas are tender. Sprinkle with sesame seeds. Serve with rice.

### **Notes**

Tip: For extra flavour, you could add 115g fresh baby corn, halved lengthways.

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### **BEEF TOMATO CASSEROLE**

**Cooking oil spray      500g lean diced beef      2 onions, sliced  
2 cloves garlic, crushed      2 teaspoons ground cumin  
1 teaspoon ground coriander      ¼ cup tomato paste      2 x 400g cans  
diced tomatoes**

**1/3 cup chopped fresh coriander      1/2 cup beef stock**

**1. Heat a large heavy-based pan; spray with cooking oil. Add beef, in batches, cook until browned all over. Remove from pan.**

**2. Add onions, garlic and spices; cook, stirring until onions are soft. Add remaining ingredients and beef; bring to boil.**

**3. Simmer casserole, covered, for about 1 1/2 hours or until beef is tender.**

**Serves 4**

**1 serve = 1 protein**



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### **Beef, cashew and Thai basil stir-fry**

**Ingredients (serves 4)**

**1 serve = 1 fat, 1 protein**

400g beef fillet, thinly sliced  
2 red onions, cut into wedges  
2 garlic cloves, thinly sliced  
4cm piece ginger, peeled, cut into matchsticks  
1 long fresh red chilli, thinly sliced  
1 stalk lemongrass, white part only, thinly sliced  
1 tsp Chinese five-spice  
1 tbs peanut oil  
1 tsp sesame oil  
1/2 cup (125ml) oyster sauce  
1/4 cup (60ml) chicken stock  
1 bunch baby choy sum, trimmed  
1 cup (145g) roasted unsalted cashew nuts  
1 bunch Thai basil, leaves picked  
Steamed jasmine rice, to serve

### **Method**

Combine the beef, onion, garlic, ginger, chilli, lemongrass and five-spice in a large bowl.

Heat one quarter of the peanut oil in a wok over high heat until just smoking. Add one quarter of the beef mixture and stir-fry for 2 minutes or until the beef is browned. Transfer to a bowl. Repeat in 3 more batches with remaining beef mixture and oil, reheating wok between batches.

Heat the sesame oil in the wok. Add the beef mixture, oyster sauce, chicken stock and choy sum and stir-fry for 1-2 minutes or until heated through and the choy sum just wilts. Remove wok from heat. Add the cashew nuts and half the Thai basil and toss to combine.

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### **Beef pot roast**

Save precious time with this slow-cooker pot roast recipe that's wholesome and delicious.

#### **Ingredients (serves 8)**

**1 serve = 1 protein, 1**

#### **carbohydrate**

2.5kg beef topside roast	700g chat potatoes, halved
3 large carrots, peeled, cut into 3cm pieces	8 eschalots, peeled, halved
2 dried bay leaves	4 sprigs fresh thyme
400g can diced Italian tomatoes with oregano and basil	
3 garlic cloves, crushed	2 1/2 cups beef stock

#### **Method**

Place beef in the bowl of a 5.5 litre slow-cooker. Arrange potato, carrot, eschalots, bay leaves and thyme around beef. Season with salt and pepper. Combine tomato, garlic, stock and 1 cup cold water in a jug. Pour over beef. Cover with lid.

Turn cooker to low. Cook for 8 hours or until vegetables are tender, turning beef halfway during cooking.

Transfer beef to a plate. Cover loosely with foil. Set aside for 10 minutes. Slice thinly. Serve beef with vegetables and sauce.

#### **Notes**

You can use beef blade or brisket instead of topside.

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### Cajun steak with succotash salad

**Ingredients (serves 4)**

**1 serve = 1 protein, 1 carb,**

**1 tsp fat**

4 sirloin steaks, trimmed of excess fat

Zest and juice of 1 orange

1/2 tsp dried chilli flakes

1/2 tsp dried oregano

1 tsp Dijon mustard

3 garlic cloves

10 mint leaves, plus extra to garnish

2 tbs olive oil

2 tsp white wine vinegar  
drained

200g can corn kernels, rinsed,

400g can red kidney beans, rinsed, drained  
chopped

3 tomatoes, seeds removed,

1 small red onion, thinly sliced  
chopped

1 Lebanese cucumber,

1 piece roasted capsicum\*, chopped  
serve

2 tbs light sour cream, to

### **Method**

Mark steaks in a criss-cross pattern (so marinade penetrates). Mix zest, juice, chilli, oregano, mustard and 2 crushed garlic cloves in a dish. Season and add steaks. Set aside to marinate while you prepare the salad. Puree mint, oil, vinegar and remaining garlic in a blender. Toss with remaining ingredients, except cream.

Heat a lightly oiled chargrill or frypan on medium-high heat. Cook steaks for 1-2 minutes each side for medium-rare (or to your liking). Rest steaks briefly, then serve with succotash, drizzled with pan juices and topped with sour cream and extra mint.

Notes

\* From delis and selected supermarkets

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### **Cajun lamb with healthy coleslaw**

**Ingredients (serves 4)**

**1 serve = 1 protien**

- 2 tbs Dijon mustard
- 2 tbs reduced-fat Greek-style yoghurt
- 1 tbs white wine vinegar
- 6 cups thinly sliced savoy cabbage (about 1/4 cabbage)
- 1 green capsicum, thinly sliced
- 2 spring onions, thinly sliced on the diagonal
- 2 tsp caraway seeds, toasted
- 1/3 cup dill sprigs
- 2 tsp Cajun spice mix\*
- 2 tsp olive oil, plus extra to cook
- 8 lamb cutlets, trimmed of excess fat

#### **Method**

Combine mustard, yoghurt and vinegar in a small bowl. Place the cabbage, capsicum, spring onion, caraway seeds and dill in a large bowl, then add the dressing and toss to combine.

Place the spice and oil in a bowl and stir well to combine. Add cutlets and rub all over with the mixture. Lightly oil a large frypan and place over medium heat. When hot, add cutlets in batches, and cook for 3 minutes, turning once for medium-rare, or until cooked to your liking. Serve with coleslaw.

#### **Notes**

\* Cajun spice (or Cajun seasoning), is available from supermarkets.

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### Char siu beef with broccolini

#### **Ingredients**

100g thin rice noodles  
1 tbs sunflower oil  
2 garlic cloves, chopped  
400g beef mince  
2cm piece ginger, grated  
1/4 cup (60ml) Chinese rice wine (shaohsing)(see note)  
1/4 cup (60ml) char siu sauce (Chinese barbecue sauce)(see note)  
2 bunches broccolini, trimmed, blanched, refreshed  
1/3 cup (50g) unsalted roasted peanuts, chopped  
1 long red chilli, sliced  
Coriander leaves, to serve

#### **Method**

##### Step 1

Cook noodles according to packet instructions. Drain. Set aside.

##### Step 2

Meanwhile, heat oil in a large frypan or wok over high heat. Add the garlic, beef and ginger, then cook, breaking up the beef with a wooden spoon, for 3-4 minutes until the beef is browned. Add the rice wine and char sui sauce, then simmer for 1 minute. Add the broccolini and stir until warmed through.

##### Step 3

Divide the noodles among plates and top with the beef mixture. Garnish with peanuts, chilli and coriander, then serve.

Serves 4

1 serve = 1 protein, 1 carbohydrate

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### **CHERMOULLA LAMB ON MASH**

8 lean lamb cutlets  
2 tsp finely grated lemon rind  
1/2 teaspoon ground turmeric  
500g sweet potatoes, peeled, coarsely chopped  
1/3 cup skim milk

2 tblsp fine chopped fresh parsley  
2 tablespoons lemon juice  
1 teaspoons ground cumin  
salt and pepper to taste

1. Combine lamb, parsley, rind, juice, turmeric and cumin in a bowl; mix well.
2. Add sweet potatoes to a large pan of boiling, salted water. Boil, uncovered, until just tender; drain well. Mash sweet potatoes in a large bowl with skim milk until combined. Season with salt and pepper. Cover to keep warm.
3. Meanwhile, heat a large, lightly oiled pan. Add cutlets, cook on both sides until browned and tender. Cover; stand 5 minutes.
4. Serve lamb with mash.

Serves 4

1 serve = 1 protein, 1 carbohydrate

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### CHILLI LAMB STIR-FRY

2 teaspoons sesame oil

500g trim lamb strips

1 medium red capsicum, deseeded, sliced thinly

2 fresh long red chillies, seeded, thinly sliced

1 tablespoon grated fresh ginger

2 cloves garlic, crushed

2 bunches bok choy, trimmed, roughly chopped

1/4 cup soy sauce

1 tablespoon oyster sauce

2 spring onions, thinly sliced

fresh herbs to garnish

1. Heat oil in a wok or large pan. Add lamb, in batches, stir-fry until lightly browned. Remove lamb; add capsicum, chillies, ginger and garlic to wok, stir-fry until capsicum is tender.

2. Return lamb to wok with bok choy and sauces; stir-fry until bok choy is just wilted.

3. Serve stir-fry sprinkled with spring onions.

SERVES 4

1 serve = 1 protein

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### **CRUSTED LAMB WITH VEGETABLES**

1-teaspoon oil	600g (2 medium) lamb mini roasts
2 tablespoons grain mustard	2 teaspoons sea salt
1 teaspoon Moroccan seasoning	4 small zucchini, half lengthways
1 red capsicum, quartered	1 medium yellow capsicum, quartered

1 medium red onion, cut into thick wedges

1. Brush oil over a large, heated grill pan; add lamb, brown all over.

Reserve pan – DO NOT RINSE.

2. Place lamb on a wire rack in a baking dish; brush with combined mustard. Sprinkle with combined salt and seasoning.

3. Cook lamb, uncovered, in a hot oven for about 20 minutes, or until cooked as desired. Cover lamb; rest 5 minutes before cutting into thick slices.

4. Meanwhile, heat same grill pan; add vegetables, in batches, cook until browned all over and tender.

5. Serve vegetables topped with lamb.

SERVES 4

1 serve = 1 protein



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### **CURRIED BEEF STIR-FRY**

- |                                      |   |
|--------------------------------------|---|
| 2 teaspoons oil                      | 400g beef strips                          |
| 2 medium onions, thickly sliced      | 1 clove garlic, crushed                   |
| 2 tspoons finely grated fresh ginger | 1 small red chilli, seeded, thinly sliced |
| 1 tablespoon mild curry paste        | 2 tablespoons satay sauce                 |
| 2 Tbls salt-reduced soy sauce        | 2 teaspoons cornflour                     |
| 1/2 cup chicken stock                | 1 cup bean sprouts, trimmed               |
1. Heat half of the oil in a wok or large pan; add beef, in batches, stir-fry until well browned. Remove from wok.
  2. Heat remaining oil in same wok or pan; add onions, garlic, ginger and chilli, stir-fry until onions are soft. Add paste; stir-fry until fragrant.
  3. Return beef to wok with combined sauces, cornflour and stock; stir-fry until sauce boils and thickens and beef is hot. Stir in sprouts.
- SERVES 4                      1 serve = 1 protein

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### **CURRIED BEEF WITH TOMATOES**

Cooking oil spray  
1 large onion, thinly sliced  
curry paste

400g rump steak, thinly sliced  
1 ½ tblsps tikka masala

1 x 400g diced tomatoes

1 tablespoon tomato paste

2 zucchini, sliced

salt and pepper to taste

2 tablespoons chopped fresh coriander

1. Spray a heated non-stick pan with cooking oil; add beef, in batches, stir-fry until browned. Remove from pan.

2. Add onion, stir until soft. Stir in curry paste, tomatoes, paste and zucchini; stir until boiling. Reduce heat; simmer for 2 minutes.

3. Return beef to pan with coriander; season with salt and pepper. Stir until heated through.

Serves 4

1 serve = 1 protein

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### GRILLED LAMB WITH MUSHROOM SALAD

2 teaspoons oil

300g button mushrooms, halved

2 cloves garlic, crushed

1/2 teaspoon paprika

2 tablespoons red wine vinegar

1 x 450g can baby beetroot, drained, halved

80g rocket leaves

400g lamb cutlets, well-trimmed

1. Heat oil in a large pan; cook mushrooms, stirring. Stir in garlic, paprika and vinegar. Bring to boil; reduce heat, simmer for 1 minute.

2. Heat an oiled grill pan; add cutlets, cook on both sides, until browned and tender.

3. Combine mushroom mixture, beetroot and rocket in a bowl; mix well.

4. Serve cutlets with mushroom salad.

Serves 4.

1 serve = 1 protein

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### **Herbed beef with balsamic glaze**

**Ingredients (serves 8)**

**1 serve = 1 protein**

- 1.3kg beef eye fillet, trimmed
- 1/3 cup olive oil
- 1 cup flat-leaf parsley leaves, roughly chopped
- 1/4 cup oregano leaves, roughly chopped
- 2 tablespoons thyme leaves, roughly chopped
- 2 tablespoons brandy or beef stock
- 1/4 cup balsamic vinegar
- 1/4 cup caster sugar

### **Method**

Preheat oven to 180°C. Cut fillet of beef in half crossways to make 2 fillets. Season with salt and pepper. Heat 2 tablespoons oil in a large, heavy-based frying pan over medium-high heat. Sear beef, 1 fillet at a time, turning, for 5 minutes or until browned. Transfer to a large roasting pan.

Combine parsley, oregano and thyme in a bowl. Press herbs on top of each fillet. Combine remaining 2 tablespoons oil and brandy. Pour over beef. Cover pan tightly with foil. Roast beef for 30 to 35 minutes for medium or until cooked to your liking. Remove from oven. Set aside for 1 hour.

Pour meat juices into a frying pan. Add vinegar and sugar. Bring to the boil, stirring, over high heat. Reduce heat to medium-low. Simmer for 10 to 15 minutes or until sauce is thick. Thickly slice beef. Drizzle with balsamic glaze and serve.

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### HOT AND SOUR LAMB CUTLETS

8 lamb cutlets  
1 tablespoon light soy sauce  
1 tablespoon lemon juice  
1 small fresh red chilli, seeded, finely chopped  
cooking oil spray

1 tablespoon honey  
1 tablespoon hoisin sauce  
2 cloves garlic, crushed

1. Place cutlets in a bowl with combined honey, sauces, juice, garlic and chilli. Cover; refrigerate 30 minutes.

2. Drain cutlets; reserve marinade.

3. Cook drained cutlets on a heated oiled grill pan, on both sides, brushing with reserved marinade, until browned and tender.

Serves 4

1 serve = 1 protein

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### INDIAN LAMB CURRY

**2 teaspoons oil**

**500g lamb strips**

**1 onion, chopped**

**1 clove garlic, crushed**

**3 teaspoons curry powder**

**2 teaspoons sweet paprika**

**1 teaspoon ground cumin**

**1 tablespoon cornflour**

**1 x 375ml can light and creamy evaporated milk**

**1/4 cup beef stock**

**1. Heat oil in a large pan, add lamb; cook, stirring, until browned.**

**Remove from pan. Add onion and garlic to pan, cook, stirring until onion is soft. Add combined spices; stir for 1 minute.**

**2. Stir in blended cornflour, evaporated milk and stock; bring slowly to boil, stirring. Return lamb to pan; simmer for 10 minutes.**

**Serves 4**

# Arlene Normand

## Recipe Guide



### **Korean beef with kimchi slaw**

#### **Ingredients**

**Serves 2 1 serve = 1 protein**

4 garlic cloves, crushed  
1/3 soy sauce  
2 teaspoons fresh ginger, finely grated  
2 Tbsp brown sugar  
1 Tbsp white vinegar  
2 Tbsp Hot chilli sauce  
1 Tbsp peanut oil  
200g Beef Eye Fillet  
3 cups shredded Chinese Cabbage  
2 Carrots, cut into matchsticks  
1 Lebanese cucumber, cut into matchsticks  
3 spring onions, thinly sliced diagonally  
1 long red chilli, cut into matchsticks  
1 Tbsp sesame seeds, toasted  
Steamed jasmine rice, to serve

#### **Method**

##### Step 1

Mix the garlic, soy, ginger, sugar, vinegar, 1 tablespoon chilli sauce and oil in a jug. Combine the beef and half the soy mixture in a medium bowl.

##### Step 2

Heat a frying pan over medium heat. Cook the beef for 2 mins each side or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 5 mins to rest. Thickly slice.

##### Step 3

Combine the cabbage, carrot, cucumber, spring onion, chilli, sesame seeds, remaining soy mixture and remaining chilli sauce in a bowl. Serve salad with beef, steamed rice and extra spring onion.

# Arlene Normand

## Recipe Guide



### LAMB VEGETABLE STIR-FRY

1 teaspoon oil  
500g lamb strips  
1 red capsicum, chopped  
4 spring onions, chopped  
1 tablespoon light soy sauce

1 clove garlic, crushed  
500g broccolini, halved  
200g button mushrooms, sliced  
¼ cup black bean garlic sauce

1. Heat oil in a non-stick wok or pan. Add garlic and lamb, in batches, stir-fry until browned. Remove from wok.  
2. Add broccolini, capsicum, mushrooms and spring onions; stir-fry for 2 minutes. Return lamb to wok with combined sauces; stir-fry until heated through.

Serves 4.

1 serve = 1 protein



# Arlene Normand

## Recipe Guide



### **Lamb casserole**

**Ingredients (serves 6)**  
**carbohydrate**

**1 serve = 1 protein, 1**

6 lamb forequarter chops, excess fat trimmed, halved	1 tbs olive oil
2 garlic cloves, coarsely chopped halved	500g potatoes,
2 carrots, peeled, thickly sliced diagonally	160ml (2/3 cup)
red wine	
1 x 660ml btl passata (tomato pasta sauce)	375ml (1 1/2
cups) chicken stock	1 x 260g
btl tomato chutney	2 large
sprigs fresh rosemary	150g (1
cup) frozen peas	
Chopped fresh continental parsley, to serve	

### **Method**

Preheat oven to 180°C. Season the lamb with salt and pepper. Heat the oil in a large flameproof casserole dish or large frying pan over medium-high heat. Add one-third of the lamb and cook for 2-3 minutes each side or until browned. Transfer to a large plate. Repeat, in 2 more batches, with remaining lamb, reheating the dish between batches.

Add the garlic and cook, stirring, for 2 minutes or until soft. Add the potato and carrot, and cook, stirring occasionally, for 2 minutes. Add the wine and cook for 2 minutes or until the liquid has reduced by half.

Transfer the mixture to a casserole dish, if necessary. Add the lamb, passata, stock, chutney and rosemary. Cover and bake for 2 hours or until the lamb is tender and falls off the bone.

Use a large metal spoon to skim any fat from the surface. Stir in the peas. Season with salt and pepper. Sprinkle with parsley to serve.

### **Notes**

**Cook's tip:** To make it easier to skim off fat that has risen to the surface during cooking, prepare casserole to the end of step 3. Store in the fridge overnight. The cool temperature causes fat to solidify, making it easier to remove. Reheat over medium heat, stirring often. Continue from step 4.

# Arlene Normand

## Recipe Guide



### LAMB CHICKPEA SALAD

400g lamb fillets, trimmed  
1 tablespoon Moroccan seasoning  
1 clove garlic, crushed  
1 x 300g can chickpeas, drained  
1 bunch flat-leafed parsley, finely chopped  
½ cup chopped fresh mint  
¼ cup chopped fresh coriander  
6 spring onions, finely chopped  
1 x 200g punnet cherry tomatoes, halved  
cooking oil spray  
2 tablespoon lemon juice  
1 tablespoon no-oil French dressing

1. Combine lamb, seasoning and garlic in a large bowl; using hands, mix well. Cover; refrigerate 30 minutes.
2. Combine chickpeas, herbs, spring onions and tomatoes in a bowl.
3. Heat a non-stick pan; lightly spray with cooking oil. Add lamb; cook on both sides until tender. Remove; stand 2 minutes before slicing thickly.
4. Add lamb to chickpea mixture with combined juice and dressing; toss well.

Serves 4

1 serve = 1 protein, 1 carbohydrate

# Arlene Normand

## Recipe Guide



### LEMON CAPER VEAL

2 teaspoons oil  
1 cup chicken stock  
¼ cup fat-reduced cream  
1 teaspoon water  
1 tablespoon finely chopped fresh chives  
salt and pepper to taste

4 x 125g veal steaks  
2 tablespoons lemon juice  
1 teaspoon cornflour  
1 tablespoon drained baby capers

1. Heat oil in a pan, add veal, cook until browned on both sides and tender. Remove from pan; cover to keep warm.
2. Pour stock, juice and cream into a pan; bring to boil, simmer for 1 minute. Add cornflour blended with water; cook, stirring until boiling and slightly thickened. Stir in capers and chives; season with salt and pepper.

Serves 4                      1 serve = 1 protein, 2 tsp fat

# Arlene Normand

## Recipe Guide



### **LAMB WITH VEGETABLES**

500g lamb fillets	1 clove garlic, crushed
2 tablespoons lemon juice	1-tablespoon grain mustard
6 springs fresh rosemary	400g baby chat potatoes, halved
2 small zucchini, halved lengthways	1 medium onion, sliced
1 medium red capsicum, quartered	Extra 6 whole garlic cloves
Cooking oil spray	Salt to taste

1. Combine lamb, garlic, juice and mustard in a large bowl, Cover; refrigerate for several hours or overnight.
2. Place rosemary sprigs, potatoes, zucchini, onion, capsicum and extra garlic in a large baking dish. Spray with cooking oil; season with salt.
3. Cook in a hot oven, 200oC, for about 40 minutes, turning occasionally, until browned and slightly crisp.
4. Cook lamb in an oiled grill pan, on all sides, until browned and tender. Stand for 5 minutes before slicing.
5. Serve lamb over vegetable mixture.

Serves 4

1 serve = 1 protein



# Arlene Normand

## Recipe Guide



### **MEXICAN BEEF STIR-FRY**

1 x 35g packet Taco seasoning  
600g beef scotch fillet, trimmed, thinly sliced  
cooking oil spray

1 onion, sliced

1 red capsicum, sliced

2 sticks celery, sliced

1 medium zucchini, finely sliced

1 x 125g can corn kernels, drained

1 tablespoon water

2 tablespoon chopped fresh coriander

1. Combine seasoning and steak in a bowl; mix well.

2. Spray a heated wok or pan with cooking oil spray. Add beef, in batches, stir-fry until browned. Remove beef.

3. Add onion, capsicum, celery, zucchini, corn and water to wok; stir-fry until vegetables are tender. Return steak and its juices to wok; stir-fry until heated through. Add coriander; toss well.

Serves 4

1 serve = 1 protein

# Arlene Normand

## Recipe Guide



### Mexican grilled steak with corn salad

**Ingredients (serves 4)**  
**carbohydrate**

**1 serve = 1 protein, 1**

olive oil cooking spray	2 corn cobs, trimmed
2 tablespoons vegetable oil	1 teaspoon smoked paprika
1 teaspoon ground cumin	1/2 teaspoon chilli flakes
1 garlic clove, crushed	1 teaspoon finely grated lime rind
4 (100g each) beef rump steaks	1 large red onion, cut into thin wedges
420g can red kidney beans, drained, rinsed	1 long red chilli, deseeded, thinly sliced
1/3 cup chopped fresh coriander leaves	
1 tablespoon lime juice	lime wedges and fresh coriander leaves, to serve

### **Method**

Spray a barbecue plate or chargrill with oil. Heat over medium-high heat. Rub 2 teaspoons oil over corn cobs. Cook for 10 minutes, turning occasionally, or until lightly browned and tender.

Combine paprika, cumin, chilli flakes, garlic, lime rind and remaining oil in a ceramic baking dish. Add steaks. Turn to coat. Cook steaks for 3 to 4 minutes each side for medium or until cooked to your liking. Cook onion for 5 to 6 minutes or until light brown and tender.

Cut kernels from corn cobs. Combine corn kernels, beans, sliced chilli, chopped coriander, onion and lime juice in a bowl. Serve steaks with corn mixture, lime wedges and coriander leaves.

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## Recipe Guide

### MINTED LAMB CASSEROLE

Cooking oil spray

500g lean diced lamb

1 onion, chopped

1 clove garlic, crushed

1 x 400g can diced tomatoes

2 cups beef stock

1 tablespoon tomato paste

1 tablespoon Worcestershire sauce

2 medium zucchini, sliced

1 x 440g can carrots, drained

2 tablespoons chopped fresh mint

1. Heat a large non-stick flameproof/ovenproof dish; spray with cooking oil. Add lamb, in batches, cook until browned. Remove from pan.

2. Add onion and garlic; cook, stirring, until soft. Return lamb with tomatoes, stock, paste and sauce. Bring to boil; cover.

3. Cook in a moderate oven, 180oC, for about 1 hour. Add zucchini and carrots; cook for a further 10 minutes. Stir in mint.

Serves 4

1 serve = 1 protein



# Arlene Normand

## Recipe Guide



### MUSHROOM STEAKS

1 tablespoon grain mustard  
2 teaspoons olive oil  
2 onions, thickly sliced  
¼ cup red wine  
100g button mushrooms, thinly sliced

4 x 120g sirloin steaks  
2 cloves garlic, crushed  
2 teaspoons brown sugar  
150g oyster mushrooms  
½ cup beef stock

1. Spread mustard over both sides of steaks; stand 15 minutes.
2. Heat oil in a non-stick pan; add garlic and onions, cook over low heat, stirring occasionally, until onions are soft. Add sugar and wine; stir until wine is evaporated. Add mushrooms and stock, cook, stirring for about 4 minutes or until mushrooms are soft.
3. Cook steaks on a heated, oiled grill pan, on both sides, until cooked to your liking.
4. Serve steaks with mushroom mixture.

Serves 4

1 serve = 1 protein

# Arlene Normand

## Recipe Guide



### **Mushroom Steak**

4 lean beef steaks	1 Tblsp oil
1 small onion	180g mushrooms sliced
½ cup beef stock	2 Tblsp Worcestershire sauce
2 Tblsp parsley chopped	

Heat the non- stick fry pan. Brush oil on both sides of steak.  
To seal cook steak 2-3 minutes on both sides. Turn when juices appear on uncooked side.

Remove from heat, rest while making sauce. Add onion and mushrooms to any pan juices, cook 1 minute. Add Worcestershire sauce and stock. Bring to the boil, stirring constantly until thickened. Add parsley and any juices from rested steak.

Note: steak thickness determines cooking time, and the way you want it done (rare, medium or well).

Serve with steamed veges.

Serves 4                      1 serve = 1 protein



# Arlene Normand

## Recipe Guide



### **HOT AND SOUR LAMB CUTLETS**

- |  |                           |
|--|---------------------------|
| 8 lamb cutlets                             | 1 tablespoon honey        |
| 1 tablespoon light soy sauce               | 1 tablespoon hoisin sauce |
| 1 tablespoon lemon juice                   | 2 cloves garlic, crushed  |
| 1 fresh red chilli, seeded, finely chopped | cooking oil spray         |
1. Place cutlets in a bowl with combined honey, sauces, juice, garlic and chilli. Cover; refrigerate 30 minutes.
  2. Drain cutlets; reserve marinade.
  3. Cook drained cutlets on a heated oiled grill pan, on both sides, brushing with reserved marinade, until browned and tender.
- Serves 4                                  1 serve = 1 protein

# Arlene Normand

## Recipe Guide



### LAMB RACK WITH ROASTED VEGETABLES

2 small swedes, peeled, cut into wedges  
2 small parsnips, peeled, cut into wedges  
1 bunch Dutch carrots, trimmed, peeled  
4 small potatoes, unpeeled, cut into wedges  
1 teaspoon minced garlic  
cooking oil spray  
4 sprigs rosemary  
1 Frenched rack of lamb (8 lean cutlets)  
2 teaspoons dried mixed Italian herbs  
extra cooking oil spray  
2 cups beef stock

1. Combine vegetables and garlic in a large bowl; spray with cooking oil. Place in a large baking paper-lined baking dish with rosemary.
  2. Cook in a hot oven, 200°C, for about 25 minutes.
  3. Meanwhile, combine lamb rack and herbs in a large bowl. Place lamb on a wire rack inside a large baking dish; spray lightly with oil. Pour stock into base of dish.
  4. Transfer vegetables to bottom shelf of oven. Place lamb on shelf above vegetables and cook together for a further 25 minutes or until lamb is tender. Cover lamb with foil; stand for 10 minutes. Strain pan juices into a small pan; bring to boil. Simmer, uncovered, for 5 minutes.
  5. Serve lamb with vegetables; drizzle with pan juices.
- Serves 4                      1 serve = 1 protein, 1 carbohydrate

# Arlene Normand

## Recipe Guide



### **LAMB VEGETABLE STIR-FRY**

1 teaspoon oil	1 clove garlic, crushed
500g lamb strips	500g broccolini, halved
1 red capsicum, chopped	200g button mushrooms, sliced
4 spring onions, chopped	¼ cup black bean garlic sauce
1 tablespoon light soy sauce	

1. Heat oil in a non-stick wok or pan. Add garlic and lamb, in batches, stir-fry until browned. Remove from wok.
2. Add broccolini, capsicum, mushrooms and spring onions; stir-fry for 2 minutes. Return lamb to wok with combined sauces; stir-fry until heated through.

Serves 4.

1 serve = 1 protein

# Arlene Normand



## Recipe Guide

### STIR-FRIED LAMB IN BLACK BEAN SAUCE

600g lamb strips  
1 teaspoon five spice powder  
2 teaspoons sesame oil  
2 teaspoons peanut oil  
2 cloves garlic, crushed  
1 teaspoon grated fresh ginger  
1 medium onion sliced thinly  
1 small red capsicum sliced thinly  
1 small yellow capsicum sliced thinly  
6 green onions, sliced thinly  
1 teaspoon cornflour  
½ cup chicken stock  
1 tablespoon soy sauce  
2 tablespoon black bean sauce

1. Place lamb in medium bowl with combined five-spice and sesame oil, toss lamb to coat in five-spice mixture.
2. Heat half of the peanut oil in wok or large frying pan; stir fry lamb, in batches, until browned lightly.
3. Heat remaining peanut oil in same wok; stir-fry garlic, ginger and brown onion until onion just softens. Add capsicum capsicums and green onion; stir fry until capsicum is just tender.
4. Blend cornflour with stock and sauces in small jug. Add cornflour mixture to wok with lamb; stir until sauce boils and thickens slightly and lamb is cooked as desired.

Serves 4

# Arlene Normand

## Recipe Guide



### MUSHROOM STEAKS

1 tablespoon grain mustard

4 x 12g sirloin steaks

2 teaspoons olive oil

2 cloves garlic, crushed

2 onions, thickly sliced

2 teaspoons brown sugar

¼ cup red wine

150g oyster mushrooms

100g button mushrooms, thinly sliced

1/2 cup beef stock

1. Spread mustard over both sides of steaks; stand 15 minutes.

2. Heat oil in a non-stick pan; add garlic and onions, cook over low heat, stirring occasionally, until onions are soft. Add sugar and wine; stir until wine is evaporated. Add mushrooms and stock, cook, stirring for about 4 minutes or until mushrooms are soft.

3. Cook steaks on a heated, oiled grill pan, on both sides, until cooked to your liking.

4. Serve steaks with mushroom mixture.

Serves 4

1 serve = 1 protein



# Arlene Normand

## Recipe Guide



### **Navarin of lamb**

#### **Ingredients** **carbohydrate)**

**Serves 4 (1 serve = 1 protein, 1**

2 tablespoons olive oil	8 (1.6kg) lamb forequarter chops, trimmed
2 garlic cloves, finely chopped	1/4 cup plain flour
3/4 cup red wine, optional	1/4 cup tomato paste
2 cups chicken stock	4 small sebago potatoes, peeled, thickly sliced
1 turnip, peeled, cut into thick wedges	2 carrots, peeled, halved, thickly sliced
5 sprigs fresh thyme	1/2 cup frozen peas
1/3 cup chopped fresh flat-leaf parsley leaves	

#### **Method**

##### Step 1

Preheat oven to 180°C/160°C fan-forced. Heat 1 tablespoon oil in large, heavy-based, flameproof casserole dish over medium heat. Cook lamb, in batches, for 3 minutes each side or until browned. Transfer to a plate.

##### Step 2

Add remaining oil to dish. Add garlic. Cook, stirring, for 30 seconds or until fragrant. Add flour. Cook, stirring, for 1 minute. Remove from heat. Slowly add wine, stirring constantly. Stir in tomato paste, stock and 3 cups cold water. Return dish to heat. Stir until mixture is smooth.

##### Step 3

Return lamb to dish with potato, turnip, carrot and thyme. Cover. Bake for 1 hour 30 minutes or until lamb is tender.

##### Step 4

Add peas. Bake 5 minutes or until tender. Using a spoon, skim fat from surface and discard. Discard thyme sprigs. Season with salt and pepper. Serve sprinkled with parsley.

# Arlene Normand

## Recipe Guide



### **NORTH AFRICAN LAMB SKEWERS**

<b>500g lean sirloin beef strips</b>	<b>1 red capsicum, cut into cubes</b>
<b>3 teaspoons Moroccan seasoning</b>	<b>2 tsp lemon and herb seasoning</b>
<b>2 teaspoons olive oil</b>	<b>1/3 cup reduced-fat plain yoghurt</b>
<b>1 Tblsp chopped fresh coriander</b>	<b>Salt and pepper to taste</b>

**Combine beef, capsicum, seasonings and oil in a medium bowl; mix well.**

**Thread beef and capsicum alternately onto 8 skewers.**

**Cook skewers on a heated, oiled grill plate (or grill or barbecue) until beef is browned all over and tender.**

**Serve skewers with combined yoghurt and coriander; season with salt and pepper.**

**Serves 4**

**1 serve = 1 protein**

# Arlene Normand

## Recipe Guide



### ORIENTAL LAMB RACKS

500g diced trim lamb  
1 red capsicum, chopped  
½ teaspoon cornflour  
1 tablespoon water  
steamed vegetables to serve

### **MARINADE**

¼ cup light soy sauce  
1 teaspoon grated fresh  
ginger  
1 clove garlic, crushed  
1 tablespoon brown sugar  
¼ teaspoon five spice powder  
2 tablespoons sweet sherry

1. MARINADE. Combine all ingredients in a bowl; mix well.
2. Thread lamb and pieces of capsicum onto 8 skewers. Place in a shallow dish; add marinade, turn to coat in mixture. Cover; refrigerate for 30 minutes or overnight.
3. Drain skewers; reserve marinade.
4. Cook skewers under a hot grill, on both sides, occasionally brushing with marinade, until cooked as desired.
5. Place remaining marinade in a small pan; stir in blended cornflour and water. Bring to boil; simmer, uncovered, for 2 minutes, or until sauce is slightly thickened.
6. Serve lamb skewers drizzled with sauce and steamed vegetables.

SERVES 4

1 serve = 1 protein

# Arlene Normand

## Recipe Guide



### **PORK WITH ORANGE SAUCE**

2 teaspoons oil  
2 green zucchini, thinly sliced  
1 tablespoons port  
3 teaspoons cornflour  
1 cup orange juice

500g pork fillets  
1 onion, thinly sliced  
1-cup chicken stock  
2 tablespoons water

1. Heat half the oil in a large baking dish. Add pork; cook until browned all over. Remove from dish.
2. Heat remaining oil in same dish; add zucchini and onion, cook, stirring for about 2 minutes or until slightly softened. Place pork on top of vegetables; pour over combined port and stock.
3. Cook, covered, in a moderately hot oven, 190oC, for about 12 minutes, or until pork is tender and juices run pink to clear. Remove pork and vegetables; cover with foil, keep warm.
4. Place baking dish on stovetop. Pour in blended cornflour, water and juice. Stir over heat until sauce boils and thickens.
5. Serve pork sliced with vegetables and sauce.

Serves 4

# Arlene Normand

## Recipe Guide



### **Quick goulash**

**Ingredients (serves 4)**

**1 serve = 1 protein**

1 1/2 tablespoons olive oil

500g stir-fry beef

1 brown onion, thinly sliced

200g button mushrooms, thickly sliced

1 tablespoon ground paprika

400g can condensed tomato soup

400g can diced tomatoes

steamed rice, chopped flat-leaf parsley leaves to serve

### **Method**

Heat 2 teaspoons oil in a large frying pan over high heat. Add half the beef. Cook, stirring often, for 3 minutes or until browned. Transfer to a plate. Repeat with oil and remaining beef.

Add remaining 2 teaspoons oil, onion and mushroom to pan. Cook for 3 minutes or until tender. Add paprika. Cook, stirring, for 1 minute. Add soup and tomatoes. Stir until well combined. Bring to the boil.

Reduce heat to low. Return beef and any juices to pan. Simmer for 3 minutes or until warmed through. Season with salt and pepper.

Spoon rice into bowls. Spoon over goulash and sprinkle with parsley.

# Arlene Normand

## Recipe Guide



### **Roast beef with easy red wine sauce**

**Ingredients (serves 6)**

**1 serve = 1 protein**

1.2kg piece beef eye fillet  
Olive oil  
400ml good-quality red wine  
270ml jar Bowles Veal Glace  
2 tsp Dijon mustard

### **Method**

Preheat oven to 200C. Tie beef with cooking string at regular intervals to make a firm, even shape, tucking in the ends. Brush beef all over with oil and season generously with salt and pepper. Heat a roasting pan on your stovetop over high heat. Brown beef on all sides, then transfer to oven. Cook for 30 minutes for medium or until cooked to your liking. Remove beef from oven. Cover loosely with foil and leave to rest for 10 minutes while making sauce.

For sauce, place wine in a small saucepan and bring to the boil over high heat. Reduce heat to medium and simmer for 10 minutes or until wine has reduced by three-quarters. Add veal glace and mustard and whisk until sauce is blended. Simmer for a further 3-5 minutes or until thick and syrupy.

Slice beef thickly and serve drizzled with red wine sauce.

### **Notes**

You need a full-bodied wine to give your sauce the best flavour - try a cabernet sauvignon blend. Bowles Veal Glace is a stock reduction. Look for it in quality butchers and delicatessens. If you can't find it, you could replace it with reduced beef or veal stock, but bear in mind that your sauce won't be as intensely flavoured. Cooking tip: When browning beef on the stovetop, choose a heavy-based roasting pan that is able to be heated to a high temperature without buckling.

# Arlene Normand

## Recipe Guide



### **ROAST BEEF WITH MUSHROOM PEPPER SAUCE**

500g piece beef eye fillet                      1 teaspoon sea salt flakes  
¼ tsp freshly cracked black pepper        1 teaspoons dried thyme leaves

### **MUSHROOM PEPPER SAUCE**

1 small brown onion, finely chopped    2 cloves garlic, crushed  
200g button mushrooms, sliced            ¼ tsp fresh cracked black pepper  
1 1/4 cups beef stock                        1 tablespoon cornflour  
2 teaspoons brandy                         1 tablespoon Worcestershire sauce

1. Trim fat and sinew from beef; place in a large baking dish. Combine salt, pepper and thyme in a bowl; rub evenly over beef.
2. Cook in a hot oven, 200°C, for about 25 minutes, or until cooked as desired. Remove beef from oven; cover, stand for about 5 minutes before slicing.
3. Mushroom Pepper Sauce. Place mushrooms, garlic, pepper and stock in a large pan; bring to boil. Simmer for 10 minutes. Add blended cornflour, brandy and sauce; stir over heat until boiling and slightly thickened. Serve beef with Mushroom Pepper Sauce.

SERVES 4                                      1 serve = 1 protein

# Arlene Normand

## Recipe Guide



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### **ROAST TURKEY WITH REDCURRANT SAUCE**

1 x 1kg frozen turkey breast roast

2/3 cup cranberry sauce to serve

#### **GLAZE**

1/4 cup red currant jelly

1/4 cup orange juice

1 teaspoon finely grated orange rind

1-tablespoon grain mustard

1 tablespoon chopped fresh rosemary

1/2 teaspoon cracked black pepper

1. Thaw turkey according to manufacturers directions on box. Do not remove foil. Place turkey in a baking dish.
2. Glaze. Combine all ingredients in a pan; stir over low heat until jelly is melted.
3. Roast turkey according to instructions on box. When turkey is unwrapped from foil, return to baking dish. Cook for a further 15 minutes; pour over Glaze. Cook for a further 15 minutes, brushing turkey with Glaze during cooking.
4. Allow 1 tablespoon cranberry sauce per serve. Serve turkey cut into slices with cranberry sauce.

SERVES 8



# Arlene Normand

## Recipe Guide



### **Savoury mince (useful as a last minute dinner)**

Makes 6 cups

#### **Ingredients**

2 tablespoons olive oil  
2 garlic cloves, crushed  
1 large carrot, peeled, finely chopped  
3 x 400g cans crushed tomatoes

1 brown onion, finely chopped  
600g beef mince  
2 tablespoons tomato paste

#### **Method**

Heat oil in a large saucepan over medium heat. Add onion and garlic. Cook, stirring occasionally, for 5 minutes or until onion is soft. Add mince. Cook, stirring with a wooden spoon to break up mince, for 15 minutes or until browned.

Add carrot. Cook, stirring, for 5 minutes. Add tomato paste. Cook, stirring, for 2 to 4 minutes. Add crushed tomatoes. Increase heat to high. Bring to the boil.

Reduce heat to medium-low. Simmer, uncovered, for 20 to 30 minutes or until sauce thickens. Season with salt and pepper.

#### **Notes**

Freeze mince mixture in an airtight container for up to 3 months. Defrost in the refrigerator overnight.

# Arlene Normand

## Recipe Guide



### **Savoury mince with soft polenta**

**Ingredients (serves 4) 1 serve = 1 protein, 2 carbohydrates**

1 quantity Savoury mince (see related recipe)	2 cups milk
3/4 cup instant polenta	20g butter
1/3 cup grated parmesan cheese	1/4 cup basil leaves,
to serve	

### **Method**

Place savoury mince in a large saucepan over low heat. Cook, stirring occasionally, for 15 minutes or until heated through.

Bring milk and 2 cups of cold water to the boil in a large saucepan over high heat. Add polenta in a thin, steady stream, stirring constantly until combined. Reduce heat to low. Cook, stirring, for 4 to 5 minutes or until thick. Remove from heat. Stir in butter and 1/4 cup of parmesan.

Spoon polenta onto plates. Top with the savoury mince. Sprinkle with remaining parmesan and basil. Serve.

# Arlene Normand

## Recipe Guide



### **Slow-cooked casserole**

#### **Ingredients (serves 4)**

800g chuck steak, diced  
4 carrots, trimmed, sliced  
2 tablespoons tomato paste  
1/4 cup gravy powder

**1 serve = 1 protein, 1 carbohydrate**

4 Desiree potatoes, cubed  
415g can diced tomatoes  
1 cup frozen peas  
crusty bread, to serve

#### **Method**

Preheat oven to 130°C. Place meat, potatoes, carrots, tomatoes and tomato paste into an ovenproof casserole dish. Mix well to combine. Cover with a lid. Bake for 3 hours 45 minutes, stirring once or twice during cooking.

Remove casserole from oven. Stir in peas. Gradually add gravy powder, stirring constantly to prevent lumps from forming. Return to oven. Cook, uncovered, for a further 15 minutes.

# Arlene Normand

## Recipe Guide



### SOY LAMB STIR-FRY

2 teaspoons oil	500g lean lamb strips
1 medium white onion, sliced thinly	1 clove garlic, crushed
2 sticks celery, sliced diagonally chopped	1 small red capsicum,
200g button mushrooms, thinly sliced	150g snow peas, trimmed
1/3 cup beef stock	1/3 cup light soy sauce

1. Heat oil in a wok or large pan; add lamb, in batches, stir-fry until browned. Remove lamb.

3. Add onion, garlic, celery, capsicum and mushrooms to wok; stir-fry for 2 minutes. Return lamb to wok with snow peas; stir in combined stock and sauce. Stir-fry until lamb is heated through.

Serves 4

1 serve = 1 protein

# Arlene Normand

## Recipe Guide



### **Spiced lamb cutlets with garlic tomato salad**

**Ingredients (serves 4)**

**1 serve = 1 protein, 1**

**carbohydrate**

2 teaspoons cumin seeds

1 teaspoon cracked black pepper

3 teaspoons ground paprika

4 garlic cloves, crushed

8 lamb cutlets, trimmed

1/3 cup olive oil

2 rounds Lebanese bread

olive oil cooking spray

4 ripe tomatoes, sliced into rounds  
lengthways

200g grape tomatoes, halved

1 bunch flat-leaf parsley, leaves roughly chopped

2 large lemons

### **Method**

Combine cumin, pepper, 2 teaspoons paprika, half the garlic and salt on a large plate. Press cutlets into spice mixture to coat.

Heat 2 tablespoons oil in a frying pan over medium heat. Cook cutlets, in batches, for 4 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil.

Meanwhile, preheat oven to 180°C. Place bread on a baking tray and spray lightly with oil. Sprinkle with remaining 1 teaspoon paprika. Bake for 5 minutes or until crisp. Break bread into pieces.

Divide tomatoes between plates. Sprinkle with remaining garlic. Top with parsley and bread pieces. Juice 1 lemon and cut remaining lemon into wedges. Whisk together 1/4 cup lemon juice, remaining 2 tablespoons oil and salt and pepper. Drizzle over salad. Toss to combine. Serve cutlets with salad and lemon wedges.

# Arlene Normand

## Recipe Guide



### **SPICY BEEF KEBABS**

400g lean minced beef  
1 tablespoon chopped fresh mint  
1 tablespoon chopped fresh coriander  
1 small fresh red chilli, seeded, finely chopped  
2 tablespoons packaged breadcrumbs  
1 teaspoon Moroccan seasoning  
salt and pepper to taste  
cooking oil spry

### **MINT YOGHURT SAUCE**

1 x 200g carton no fat plain yoghurt  
1 tablespoon chopped fresh mint  
1 clove garlic, crushed

1. Mint Yoghurt Sauce. Combine yoghurt, mint and garlic in a small bowl.
2. Place mince, herbs, chilli, breadcrumbs and seasonings in a large bowl. Using your hand; mix well. Carefully mould 2 tablespoons of mixture onto one end of 8 skewers. Place skewers onto a tray; refrigerate 30 minutes.
3. Spray kebabs with cooking oil; cook in a heated, large non-stick pan, turning frequently, until browned and cooked through.
4. Serve kebabs with Mint Yoghurt Sauce.

Serves 4

1 serve = 1 protein

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# Arlene Normand

## Recipe Guide



### **teak and Aioli Sandwiches**

8 thin beef fillet steaks (800grams)

4 large egg tomatoes, halved

1 Tablespoon olive oil

½ cup low fat mayonnaise

1 teaspoon bottled crushed garlic

4 slices ciabatta (wood fired Italian white bread with crisp crust)

1-tablespoon fresh basil

1-tablespoon balsamic vinegar

100g mesclun

Cook beef on heated oiled grill plate (or barbecue) until browned on both sides and cooked as desired.

Meanwhile place tomatoes, cut-side up, on grill tray, drizzle with oil.

Grill 10 minutes or until softened.

Combine mayonnaise and garlic in bowl.

Toast bread, spread with mayonnaise mixture (aioli); top with steaks and tomatoes, sprinkle with basil and vinegar. Serve with mesclun.

Serves 4

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## Recipe Guide



### STEAK WITH MEXICAN SALSA

4 x 125g sirloin steaks, trimmed

1 teaspoon Cajun seasoning

### MEXICAN SALSA

1 small red capsicum  
drained

1 x 125g can corn kernels,

125g can chick peas, drained  
chopped

2 tomatoes, seeded, finely

1 teaspoon minced chillies  
parsley

¼ cup chopped flat-leafed

1 tablespoon red wine vinegar      2 tablespoons oil

1. Rub both sides of steaks with seasoning.
2. Cook steaks on a heated grill pan, on both sides, until browned and cooked as desired. Remove from heat; stand, covered, for a few minutes.
3. Mexican Salsa. Combine all ingredients in a bowl; mix well.
4. Serve steaks with Salsa.

**Serves 4                      1 serve = 1 protein**



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## Recipe Guide



### **Steak and asparagus salad**

#### **Ingredients (serves 4)**

1 serve = 1 protein, 2 tsp oil

3 sirloin steaks

oil, for brushing

75g cherry tomatoes, halved

1 bunch asparagus, trimmed

100g baby spinach

Dressing

2 tablespoons oil

1 1/2 teaspoons dijon mustard

salt and cracked black pepper

#### **Method**

To make the dressing, whisk together the oil, dijon, salt and pepper. Set aside.

Cut fat from steaks and brush with oil, salt and pepper. Heat a non-stick frying pan to medium-high and cook steak to your liking. Remove from heat, cover and set aside.

Blanch the asparagus spears in boiling water then plunge into iced water. Set aside.

Drain asparagus, toss with spinach and tomatoes, and divide between four plates. Slice steak and place on top of salad. Add dressing and serve.

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## Recipe Guide



### **Steaks with Port and Pears**

425g pear halves in syrup	1/3 cup port
1 clove garlic	2 tsp chopped fresh chives
1 tsp grated lemon rind	4 beef eye fillet steaks
1 Tbsp oil	1 small beef stock cube, crumbled
1/3 cup water	2 tsp cornflour
2 tsp water, extra	1 tblsp chopped fresh chives extra

Drain pears, reserve a cup syrup. Combine syrup, port, garlic, chives and rind in bowl. Add steaks, cover, refrigerate several hours or overnight. Remove steaks from marinade, pat steaks dry with absorbent paper, reserve marinade.

Heat oil in pan, add steaks, cook on both sides few minutes until well browned.

Add marinade, stock cube and water, bring to boil, simmer, covered, about 10 minutes or until steaks are tender; remove from pan.

Strain pan juices, return to pan, add blended cornflour and extra water.

Stir over heat until sauce boils and thickens.

Add 4 pear halves to pan, reserve remaining pear halves for another use.

Stir gently over heat until pear halves are warmed through.

Serve steaks with sauce and pears. Sprinkle with extra chives.

Serves 4

# Arlene Normand

## Recipe Guide



### **Steak and asparagus salad**

#### **Ingredients (serves 4)**

3 sirloin steaks  
75g cherry tomatoes, halved  
100g baby spinach

**1 serve = 1 protein**

oil, for brushing  
1 bunch asparagus, trimmed

#### **Dressing**

2 tablespoons oil  
salt and cracked black pepper

1 1/2 teaspoons dijon mustard

#### **Method**

To make the dressing, whisk together the oil, dijon, salt and pepper. Set aside.

Cut fat from steaks and brush with oil, salt and pepper. Heat a non-stick frying pan to medium-high and cook steak to your liking. Remove from heat, cover and set aside.

Blanch the asparagus spears in boiling water then plunge into iced water. Set aside.

Drain asparagus, toss with spinach and tomatoes, and divide between four

# Arlene Normand

## Recipe Guide



### **Summer Beef salad**

**Ingredients (serves 4)**

**1 serve = 1 protein, 2 tsp fat**

2 rump steaks (500g total)

1 tbs olive oil

275g baby green beans, trimmed

100g mesclun (baby salad leaves)

4 spring onions, thinly sliced

Tarragon mustard vinaigrette

1 1/2 tbs Dijon mustard with tarragon (see note)

2 tbs white wine vinegar

1/4 cup (60ml) olive oil

### **Method**

Season steaks on each side with salt and pepper. Heat oil in a large frypan and cook steaks for 3-4 minutes on each side over medium-high heat for medium-rare, or until cooked to your liking. Transfer to a plate, rest for 5 minutes, then thinly slice.

Meanwhile, blanch the beans in boiling salted water for 2 minutes or until bright green and tender. Drain, refresh in cold running water, then drain again.

For the tarragon mustard vinaigrette, whisk all ingredients in a small bowl and season to taste with sea salt and pepper.

Combine the blanched beans, mesclun, spring onion and steak in a large bowl, season to taste with sea salt and freshly ground black pepper.

Divide salad among plates and drizzle with dressing.

### **Notes**

From supermarkets and delis, or use regular Dijon mustard.

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## Recipe Guide



### **SWEET AND SOUR LAMB CUTLETS**

1 teaspoon oil	1 large red onion, thickly sliced
1 medium red capsicum, chopped	1 carrot, thinly sliced
3 teaspoons cornflour	1 tablespoon water
1 tablespoon malt vinegar	1/4 cup tomato sauce
1 tablespoon brown sugar	1 cup pineapple juice
extra 1/3 cup water	8 lamb cutlets

1. Heat oil in a medium non-stick pan; add onion, capsicum and carrot. Cook, stirring, until vegetables are softened. Blend cornflour and water in a jug until smooth; stir in vinegar, sauces, sugar, juice and extra water until combined. Pour into pan with vegetable mixture; stir until boiling and thickened.

2. Cook lamb in heated, oiled grill pan until browned on both sides and cooked as desired. Serve lamb with vegetable sauce.

SERVES 4

1 serve = 1 protein

# Arlene Normand

## Recipe Guide



### **TANDOORI BEEF**

**4 x 100g lean sirloin steaks**  
**paste**

**¼ cup low-fat plain yoghurt**  
**herbs to garnish**

#### **SAUCE**

**1 cup low-fat plain yoghurt**

**1 Tblsp chopped fresh coriander leaves**  
**parsley**

**1 tablespoon lemon juice**

**1/3 cup tandoori curry**

**salad to serve and fresh**

**1 clove garlic, crushed**

**1 tablespoon chopped fresh**

**1. Combine steaks in a bowl with curry paste and yoghurt; mix well. Cover; refrigerate for 30 minutes or overnight.**

**2. SAUCE. Blend all ingredients until smooth.**

**3. Cook steaks, on both sides, on a lightly oiled grill pan or barbecue hotplate, until cooked to your liking.**

**4. Serve steaks with Sauce and salad; garnish with fresh herbs.**

**SERVES 4.**

**1 serve = 1 protein**

# Arlene Normand

## Recipe Guide



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### **Thai Beef Salad**

400g beef rump steak	¼ cup lime juice
2 Tbsp shredded fresh mint leaves	150g spinach leaves
2 Lebanese cucumbers, seeded and sliced	1 Tbsp white wine vinegar
2 Tbsp fish sauce	1 Tbsp brown sugar

Combine beef with juice and mint in medium bowl, cover; refrigerate at least 3 hours or until required.

Heat oiled large pan; cook beef until browned both sides and cooked as desired. Cover beef, rest 5 minutes; cut into thin slices. Combine beef with spinach and cucumber in large bowl. Gently toss combined vinegar, sauce and sugar through beef salad.

Serves 4                      1 serve = 1 protein

# Arlene Normand

## Recipe Guide



### VEAL RISsoles

400g veal mince

1 medium carrot, grated

½ teaspoon dried thyme

1 egg, lightly beaten

15g butter

1 small onion, finely chopped

1 medium zucchini, grated

1 teaspoon crushed garlic

plain flour

2 teaspoons oil

1. Combine mince, onion, zucchini, thyme, garlic and egg in a bowl; mix well. Divide mixture into 8 portions; roll into balls, flatten into rissole shapes. Toss rissoles in flour; shake away excess flour.

2. Heat butter and oil in a medium frying pan over medium heat. Add rissoles, cook for about 8 minutes on each side, turning several times, until cooked through. Drain on absorbent paper.

Serves 4

1 serve = 1 protein



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## Recipe Guide



### Vietnamese beef salad

#### **Ingredients**

Serves 4 1 serve = 1 protein, 1

#### **carbohydrate**

- 400g beef rump steak, excess fat trimmed
- 100g dried rice vermicelli noodles
- 100g snow peas, trimmed, halved
- 1 Lebanese cucumber, peeled lengthways into ribbons
- 1/2 cup fresh coriander leaves
- 1/3 cup fresh mint leaves, torn
- 2 shallots, ends trimmed, thinly sliced
- 1 small carrot, peeled, cut into matchsticks
- 50g (2/3 cup) bean sprouts, trimmed
- 60g Asian leafy salad mix (see note)
- 1 small fresh red chilli, finely chopped
- 1 1/2 tablespoons fresh lime juice
- 1 1/2 tablespoons peanut oil
- 1 tablespoon fish sauce (see note)

#### **Method**

##### Step 1

Preheat a barbecue grill or chargrill on medium-high. Cook the beef for 4 minutes each side for medium or until cooked to your liking. Thinly slice.

##### Step 2

Meanwhile, place the noodles and snow peas in a large heatproof bowl. Cover with boiling water. Set aside for 5 minutes or until noodles are tender. Drain. Use kitchen scissors to cut the noodles into short lengths. Return the noodles and snow peas to the bowl.

##### Step 3

Add the beef, cucumber, coriander, mint, shallot, carrot, bean sprouts and salad mix to the bowl. Toss to combine.

##### Step 4

Combine chilli, lime juice, oil and fish sauce. Add to the salad. Toss to combine.