

## Sample of quick meal ideas

### BEEF

Chargrilled Beef Porterhouse Steak with sweet potato mash, broccoli & lemon caper dressing  
Chargrilled Scotch Fillet of beef steak & vegetable stack with tomato & basil salsa  
Lean beef lasagne with pumpkin, cottage cheese & zucchini  
Warm winter chunky beef casserole  
Thai beef salad with crispy noodles & cashews  
Char Grilled Marinated Beef Steak & side of steamed greens  
Scotch Fillet beef steak with roast root vegetables  
Beef fillet on celeriac mash with zucchini, broccoli & red wine jus  
Chargrilled Porterhouse Steak on sesame spinach with broccoli & lemon  
Red lentils, tomatoes, leeks & beef hot pot

### LAMB

Loin Lamb Chops with salsa verde, asparagus, peas & zucchini  
Lamb casserole on sweet potato mash  
Warm salad of Drunken roast Lamb, roast root vegetables with pinenuts & lemon ginger dressing  
Lamb fillet with a rosemary crust, port sauce, roast pumpkin & green peas  
Oven baked Lamb with spicy dahl, broccoli & yoghurt

### CHICKEN

Chicken wrapped in spinach stuffed with pinenuts cottage cheese on green beans with roast chicken jus  
Sesame crusted chicken fillet with roast pumpkin snow peas & green peppercorn dressing  
Chicken Caesar salad with crispy rye & lean ham  
Chicken and avocado salad with chickpeas & chilli lime dressing  
Chicken with Thai coconut chickpeas & baby spinach  
Chicken Breast fillets on spring vegetables  
Chicken & vegetable green curry  
Poached chicken & fragrant herb salsa on steamed greens with minted chilli yoghurt  
Honey & lemon ginger chicken salad with chickpeas & avocado  
Chicken nicoise salad  
Chicken & vegetable Thai green curry  
Pesto chicken with green peas, asparagus & roast tomato

### PORK

Roast Pork with spring onion, sweet corn, silverbeet & apple sauce  
Honey soy pork steaks with asian greens, roast carrots & sesame seeds  
Pork Steaks & spring vegetable stirfry  
Pork Steaks on sesame spinach with broccoli & mashed pumpkin