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all you need to know about the meat

product information

When your meat is brought home, we suggest that you package it into meal size portions and freeze it. While your meat is fresh when packaged, conditions within the home environment vary and fridge temperatures will affect the keeping time of your meat. So, while you will be ok to leave the next day's meat refrigerated until meal time, we highly recommend freezing the remainder until you are ready to cook it. Meat can be frozen in the airtight vacuum pack bags and this will help prevent freezer burn.

The meat can be frozen in the vacuum pack bags and should be treated the same way as plastic wrap when defrosting in the microwave. Ideally, meat should be thawed in your refrigerator to stop temperature abuse of the product.

We recommend that when freezing crumbed products some type of layering is used, either with baking paper or a plastic wrap product, this will ensure that crumbing stays in place when product is thawed out.

product packaging

Meat is a natural product and therefore variation in size does occur. While we estimate the size and number of each product per kilo, this will vary but we assure you, you will always get a minimum of a kilo of meat per package (unless otherwise indicated).

product pricing

We encourage you to compare our prices with our competitors. We do ask you to remember to compare the same quality of meat and the same cuts of meat. There is a great variation in quality of product and when meat is labeled as 'budget' this does not always mean the price!

nutritional information

Nutritional information is contained on another downloadable document that can be viewed at (www.meatright.com.au/themeat). This contains nutritional panels and ingredient declarations for all our meat products.

Adult recommended standard meat portion size per serve is 200-250gms.

product	how to cook	how your product arrives	meal suggestions
chicken breast	fry, grill, oven bake	vacuum packed - 1kg pack approx 250gms ea	try our easy meal ideas download
schnitzel	shallow pan fry; either stove top or oven; schnitzels can also be cooked at high temperature in deep fryer	tray packed - 1kg pack beef schnitzels approx 250gms ea chicken schnitzels approx 200gms ea chicken tenderloin schnitzels approx 100gms ea	Great for the kids and topped with different sauces
lamb & chicken yiros	pan fry or fry on bbq plate only takes 5 minutes	vacuum packed - 1kg pack	Can be served traditionally in a pita wrap with tzatziki, lettuce tomato and onion or great as a finger food or stir fry or warm salad.
diced meats	oven bake, stove top, crock pots or electric fry pans	vacuum packed - 1kg pack	try our easy meal ideas
chicken & bbq rissoles	pan fry or fry on bbq plate flatten as cooking	tray packed - 1kg pack approx 12-14 per kg	great for bbqs and the kids

product	how to cook	how your product arrives	meal suggestions
bbq sausages	pan fry or fry on bbq plate	tray packed - 1kg pack approx 12-14 per kg	all you need now is the bread and sauce
quality beef mince	suitable for all types of applications	vacuum packed - 1kg pack	try our easy meal suggestions
drunken lamb quick speed roast	oven roast only 45 minutes so put your roasting vegies in first; or grill on bbq hot plate approx 15 minutes both sides	vacuum packed - 1.5kg pack trimmed, boneless, butterflied leg of lamb soaked in yiros spice and covered in vegetable oil.	for best results when cooked cover loosely with foil and let stand for 5 to 10 minutes. Serve as a roast or as a warm salad.
drunken chicken speed roast	oven roast for approx 45 minutes	vacuum packed - no. 17 chicken; butterflied chicken with rib and pelvic bones removed and covered in tasty spices and seasoning and vegetable oil.	Kids love this dish and it's so easy to cook
loin lamb chops	pan fry, grill or bbq to taste; rare, medium or well done.	vacuum packed - 1kg pack approx 90 -100gms ea	great for bbq or quick cook meal
bbq marinated beef steak	pan fry or fry/grill on bbq plate only takes 5-10 minutes	vacuum packed - 1kg pack approx 120gms ea	great for steak sandwiches and bbq's
beef scotch fillet and porterhouse steak	pan fry or grill on bbq plate	vacuum packed - 1kg pack scotch fillets approx 250gms ea porterhouse approx 200gms ea	Coat steak in olive oil and season to taste, preheat hot plate or pan, when very hot place steak on hot plate. Do not touch for 2-4 minutes, then turn and seal the other side and cook for 2-4 minutes, depending on thickness of steak. Resist the urge to keep flipping the steak, this will only toughen the steak. When cooked to desired taste remove from heat and let rest on cool part of the grill for 2 or 3 minutes loosely cover with foil, this lets the cooking process complete and the juices settle within the steak.
bolar/blade roast	oven roast	vacuum packed - 1.5kg pack	180 C and roast for approx 1.5 hours for well done, remove from oven and sit covered with foil for 10 minutes prior to carving
marinated chicken steak	bbq, pan fry, oven bake or grill	vacuum packed - 1kg pack approx 250gms ea	this product will stay moist and tender through all cooking processes
chicken drumettes	oven bake or bbq	vacuum packed - 1kg pack approx 13 per kg	when oven baking preheat to 180 C and roast for approx 45 minutes; bbq time will vary; this product is a great finger food and always popular with the kids
marinated bbq pork spare ribs	oven bake, bbq, fry or grill times will vary for each application	vacuum packed - 1kg pack	finger licking good
pork porterhouse steak	pan fry, grill or bbq	vacuum packed - 1kg pack	this meat is so good people who do not eat pork will enjoy this; this product is guaranteed moist and tender every time, even when cooked to well done