

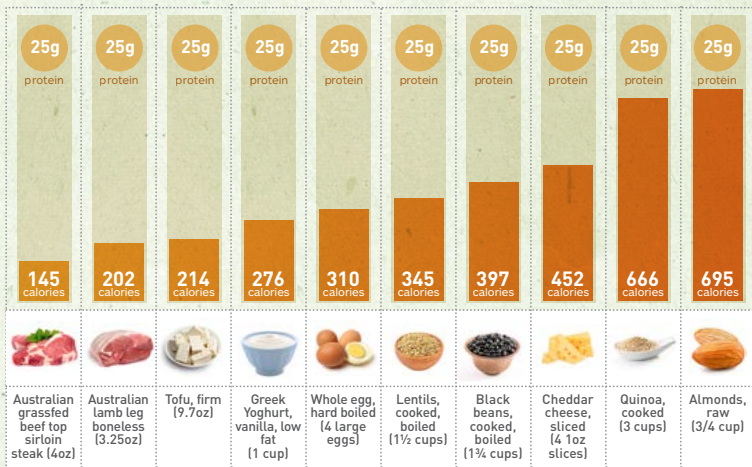
GREAT TASTE THAT WON'T GET TO YOUR WAIST



When it comes to choosing healthy proteins, lean Australian lamb is a delicious and healthy choice for beefing up your high quality protein needs.

With Australian lambs raised predominately on pasture, Australian lamb products are lean and naturally contain 13 essential nutrients required for good health, including **Iron, Zinc, Omega-3 and B vitamins**

MORE PROTEIN WITH LESS CALORIES FROM AUSTRALIAN BEEF AND LAMB



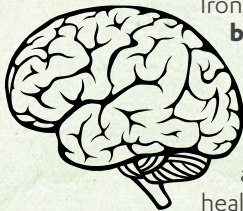
www.australian-lamb.com



IRON & ZINC

Lamb is also one of the **best sources of well absorbed iron** (otherwise known as heme-iron) **and zinc**, more effective than the iron and zinc found in plant-based foods.

IRON MEANS BRAIN POWER



Iron is important for energy, **brain function, healthy growth and development** particularly in babies, toddlers and children, and zinc is important for a healthy immune system.

4x

4 TIMES MORE IRON
THAN CHICKEN AND
TWICE THE AMOUNT
FOUND IN PORK.



Not only is Australian lamb lean (when trimmed of visible fat), because it is pasture raised, it is a valuable source of **Omega 3 fatty acids**, the same 'healthy' fat found in fish.

USDA DIETARY GUIDELINES



The latest dietary guidelines from USDA recommend eating 3 to 6 ounce portions of lean (less than 10% fat) or extra lean (less than 5% fat) meats- enjoy 3 to 4 times per week with vegetables for a satisfying, tasty meal which will help to meet your daily iron and zinc requirements.

So when you're choosing meats and high-quality proteins to feed your family, make the natural choice for a healthy and balanced diet – **pasture-raised lamb from Australia.**



MEDITERRANEAN CHOPPED SALAD WITH **BRAISED LAMB**



Looking for a quick solution to weeknight dinner? Make use of leftover cooked lamb in this veggie-rich chopped salad with Greek flavors.



Yield
4 servings

Portion Size
4/15 cups salad,
4 oz. lamb

Alternate cuts
Any cut of leftover lamb

INGREDIENTS

TAHINI-MINT DRESSING

- ½ cup Greek yogurt
- ¼ cup tahini
- 3 tablespoons water
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 2 teaspoons fresh mint leaves, chopped
- 2 teaspoons spice rub for lam
- 1 teaspoon honey
- 1 small clove minced garlic

SALAD

- 2 large heads washed and chopped romaine lettuce (12 cups)
- 1 pound Australian lamb cooked and shredded
- 1 cup diced tomato
- 1 cup red onion
- 1 cup diced cucumber
- 1 cup canned garbanzo beans, drained and rinsed
- ½ cup kalamata olives, chopped

METHOD

FOR THE DRESSING

In a large bowl, combine all the ingredients and mix well. Refrigerate until ready to use.

FOR THE SALAD

In a large mixing bowl, combine the romaine, lamb, tomato, onion, cucumber, beans and olives. Drizzle ½ cup of the dressing around the edges of the bowl to encourage even distribution of dressing and mix it all together well. Divide the salad between 4 plates and serve immediately.

NUTRITION FACTS (SERVING SIZE: 4 OUNCES)

Calories	Protein (g)	Carbohydrates (g)	Fat (g)	Chol (mg)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Vit A (%)	Vit C (%)	Calcium (%)	Iron (%)	Fiber (g)	Sugar (g)
445	42	30	19	94	5	0	421	253	36	17	35	8	9

Needing more inspiration?
Go to www.australian-lamb.com for more recipes.

