

BE YOUR GREATEST RECIPE BOOK



INTRODUCTION



This recipe book was developed as a supporting classroom resource for the Be Your Greatest virtual classroom program held in 2020 and 2021.

Presented by Australian Beef as an official partner of the Australian Paralympic and Olympic teams, the recipe book aims to encourage students to get in the kitchen with their family to recreate the Be Your Greatest beef dishes at home, exploring flavours, textures and cooking techniques together.

The virtual classroom series featured chef Matt Sinclair and four of Australia's elite athletes cooking up delicious beef dishes and chatting to students about training, nutrition and the benefits of a champion mindset, on and off the field.

For more information and further resources to extend the themes of the virtual classroom program and to watch the previous sessions, please visit:



AUSTRALIAN BEEF

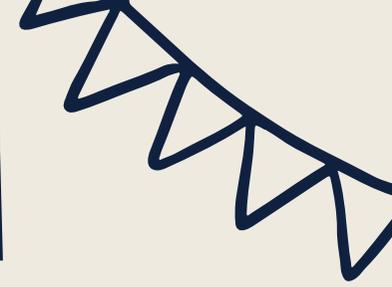
MLA HEALTHY MEALS

BE YOUR GREATEST PROGRAM





VIRTUAL CLASSROOM PRESENTERS



MATT SINCLAIR

Matt Sinclair the Be Your Greatest program chef has always had a passion for cooking and in 2016 he followed his dream by competing in Masterchef. Since that time Matt has achieved his biggest goal and now owns his own restaurant Sum Young Guys in Noosa, Queensland. Matt has put his personal spin on these tasty beef recipes that provide plenty of nutritional value to fuel the whole family.



SCOTT REARDON

Paralympic sprinter Scott Reardon lost his leg in a farming accident at the age of just 12. This didn't stop him pursuing his sporting dreams and he won his first silver medal at the Rio 2016 Paralympic Games. Scott is currently ranked at the top of his sport and will compete at the Tokyo Paralympic Games.



ELIZA AULT-CONNELL

Eliza Ault-Connell has been competing in wheelchair racing since 1998 and can't wait for the opportunity to win another medal this year at the Tokyo Paralympic Games. Losing both legs and a number of fingers due to meningococcal disease, Eliza's champion mindset has never stopped her from achieving her goals.



EMILY CHALKER

Hockeyroo Emily Chalker was the youngest member of the Australian Hockey team when they won gold at the Glasgow 2014 Commonwealth games. Emily values the community support that has helped her to achieve her sporting dreams as she competes at the Tokyo Olympic Games.



LEWIS HOLLAND

Rugby Sevens player Lewis Holland competed at the Rio 2016 Olympic Games. Lewis balances his rugby career with time off the field spent at his farm where he raises Angus cattle in regional Queensland. Lewis values his time at the farm as it helps him to develop the resilience needed to perform as a professional athlete.

HEALTHY THAI BEEF SALAD

INGREDIENTS:



- 500g lean beef rump
- 3 tbsp sweet soy
- Juice of 1 lime
- 1 garlic clove, crushed
- 1 tbsp brown sugar

- 1 tbsp fish sauce
- 2 tsp sesame oil
- 2 cups shredded green papaya
- 200g cherry tomatoes, halved
- 2 lebanese cucumber, cut into circles

- 1 red onion, finely sliced
- 2 cups mixed herbs
(mint, thai basil, coriander, viet mint)



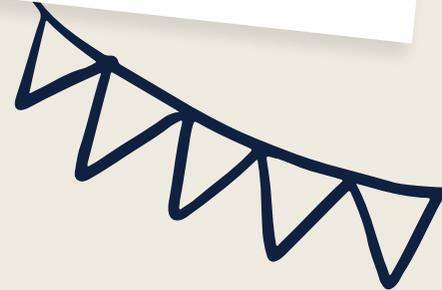
✂ 4 SERVINGS



ELIZA AULT-CONNELL

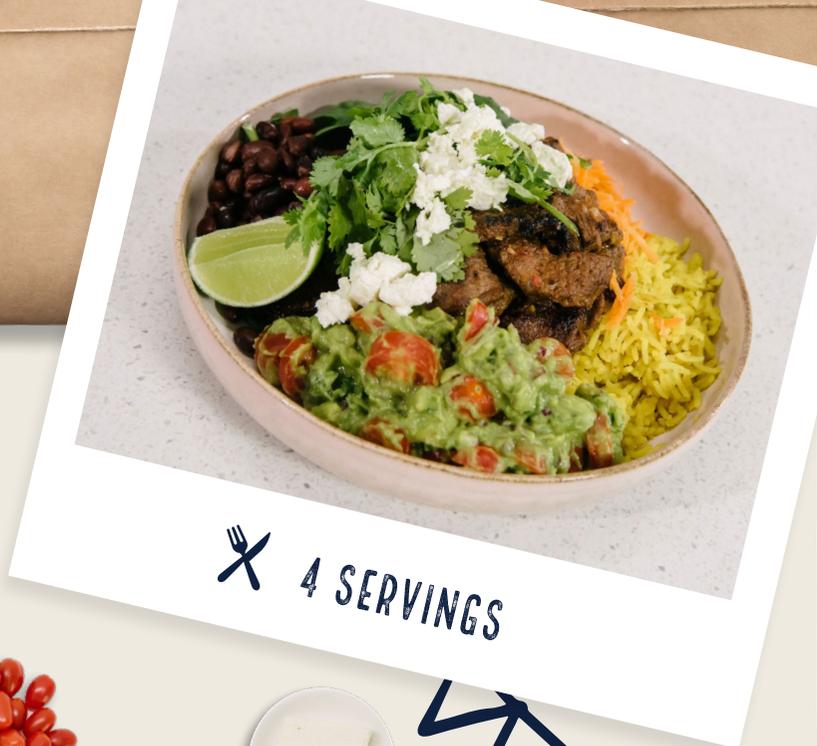
METHOD:

1. Marinate the rump with sweet soy for at least 15-20 minutes. Overnight would be best.
2. Place a char grill pan over high heat until it starts to smoke a little bit. Cook steak for 2-3 minutes each side for medium rare. Transfer to a plate to rest for 5-10 minutes.
3. Place lime, garlic, sugar, fish sauce, sugar and sesame oil into a small bowl and whisk to combine, set aside.
4. Combine papaya, tomatoes, cucumber, onion and herbs in a large bowl. Thinly slice and add to the salad. Dress, toss and divide among bowls. Top with peanuts and chilli.



MEXICAN BURRITO BOWL

INGREDIENTS:



- 500g beef rump steak, cut into thin strips
- 2 tbsp taco seasoning
- 2 tbsp extra virgin olive oil
- 2 cups salt reduced chicken stock
- 1 tbsp ground turmeric
- 1 tbsp ground cumin
- 1 tbsp ground coriander

- 1 cup basmati rice, thoroughly washed
- 1 avocado, diced
- ½ red onion finely diced
- ¼ cup finely chopped coriander
- Juice of ½ lime
- 1 tsp salt
- 200g baby tomatoes, halved

- 2 large carrots, grated
- Spinach
- 400g tin black beans, rinsed and drained
- 80g feta cheese

Optional toppings

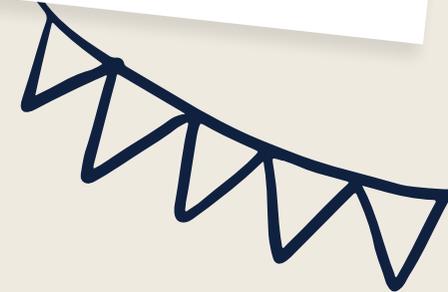
- sour cream, chill sauce, lime wedges



SCOTT REARDON

METHOD:

1. Place beef strips and taco seasoning in a large snap lock bag. Seal and rub to coat. Add olive oil in a large non stick frypan and place on a high heat. Cook beef in batches for 1 to 2 minutes or until lightly browned. Allow beef to rest before serving.
2. Add dried spices to chicken stock and whisk through to combine. Place washed rice and stock into a rice cooker and begin to cook.
3. To make guacamole, combine the avocado, red onion, chopped coriander, lime juice and salt. Gently fold with a spoon and check seasoning.
4. Place a scoop of the cooked basmati in each bowl and top with the seared beef. Divide spinach, tomatoes, carrot and beans between bowls. Add guac and crumble feta. Feel free to add sour cream, coriander and chilli to your liking.



MIGHTY BEEF MEATBALLS

INGREDIENTS:



✂ 4 SERVINGS

Meatballs

- ½ large carrot, grated
- ½ zucchini, grated
- 500g lean beef mince
- ½ brown onion, finely chopped
- ¼ cup fresh parsley
- 1 tsp salt

- ½ tsp pepper
- ½ tsp garlic powder
- 1 egg
- ½ cup breadcrumbs (115 g)

Marinara sauce

- 1 tin of cherry tomatoes
- 2 cloves garlic, finely chopped

- 1 brown onion, finely chopped
- 1 tbsp tomato paste
- ½ cup fresh basil

Other ingredients

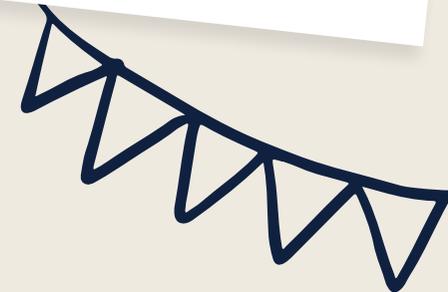
- 200g dry spaghetti, prepared as per the package instructions
- Parmesan cheese, for garnish



EMILY CHALKER

METHOD:

1. Place shredded carrot and zucchini on a clean towel and wring out as much liquid as possible.
2. Place strained carrot and zucchini in a bowl and add lean beef mince, onion, parsley, salt, pepper, garlic powder, breadcrumbs, and egg. Mix until just combined.
3. Grab about a $\frac{1}{4}$ cup (85 grams) of the mixture and roll into a ball, continue until all the mixture is used.
4. To prepare the marinara sauce - finely chop onion and garlic and sauté in a pan with olive oil until translucent in colour. Add the tinned tomatoes and tomato paste and heat gently for about 10 mins. Add the fresh basil just before serving.
5. Pan-fry the meatballs in a large pan over medium-high heat until all sides are golden brown, about 10 minutes. Or, bake the meatballs on a baking paper at 180°C for 30-35 minutes, flipping after the first 15 minutes.
6. Serve the meatballs with cooked spaghetti and parmesan cheese.



BEEF SLIDERS

INGREDIENTS:



✂ 6 SERVINGS

Beef patties

- 500g lean beef mince
- 1 tbsp olive oil for cooking
- 1 carrot, grated
- 1 brown onion, finely chopped
- Salt and pepper
- 1 tsp smoked paprika
- 1 tsp cumin

Other ingredients

- 6 wholemeal bread rolls

Optional fillings

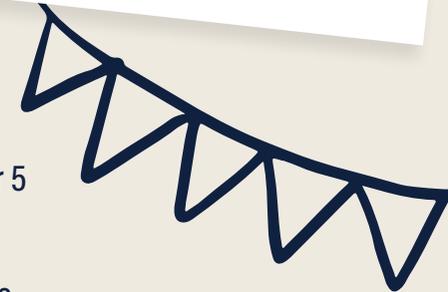
- Cheese slices, sliced tomato, iceberg lettuce, beetroot, avocado



SCOTT REARDON

METHOD:

1. Finely chop onions and add to beef mince in a large bowl.
2. Add the grated carrot, smoked paprika, cumin, salt, pepper to the beef mince and using clean hands combine them together.
3. Gather a small "beef pattie" amount in your hands and roll into balls a bit smaller than the size of the bread rolls you are using (they will get bigger when you flatten them).
4. Cut your buns in half and spread with avocado.
5. Heat oil in pan.
6. Place the beef patties in the hot pan, pushing them flat slightly with the spatula to allow to cook right through.
7. Flip over after 5 minutes on first side, leave for another 5 minutes until cooked through the centre.
8. Place paper towel on a plate ready for when patties are cooked.
9. Remove cooked beef patties from pan and drain on paper towel while you assemble your bun.
10. Place all your favourite salads on the bun and add your beef pattie.

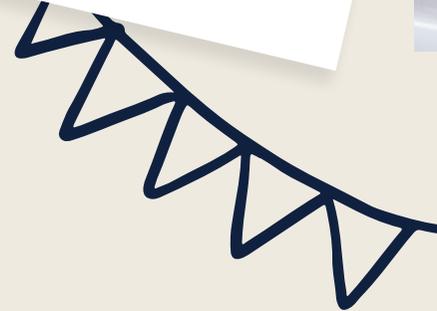


COLOURFUL BEEF KEBABS

INGREDIENTS:



✂ 4 SERVINGS



- 500g beef rump steak, cut into bite-sized chunks
- 1 punnet of cherry tomatoes
- 1 yellow capsicum
- 1 red capsicum
- ½ red onion

Marinade

- 1 tbsp Worcestershire sauce
- 1 tsp smoked paprika
- ¼ cup olive oil, plus 2 tbsp for vegetables
- 1 clove of garlic
- Salt and pepper to taste

Other

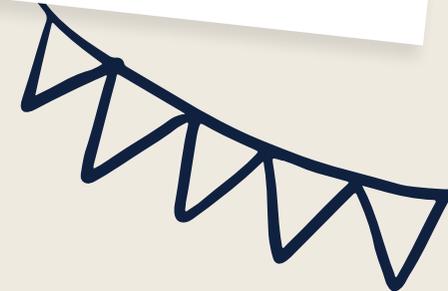
- Thin bamboo skewers



ELIZA AULT-CONNELL

METHOD:

1. Soak the bamboo skewers in water for 5-10 minutes so they don't burn when cooking.
2. In a medium bowl marinate the beef with Worcestershire sauce, smoked paprika, crushed garlic and $\frac{1}{4}$ cup olive oil.
3. Cut the capsicum and red onion into pieces the same size as the beef cubes.
4. In a medium bowl, combine capsicums, onion and cherry tomatoes, and 2 tbsp of olive oil; toss to coat and season with salt and pepper.
5. Thread the beef, and veggies onto the bamboo skewers.
6. Cook kebabs on a preheated barbecue grill or in a non-stick pan that you've sprayed with oil.
7. Cook for 2-3 minutes, turning once until cooked medium.
8. Serve with a side salad.



BEEF AND CASHEW STIR FRY

INGREDIENTS:



✂ 4 SERVINGS

- 650g beef rump steak
- 1 tbsp vegetable oil
- 1 large brown onion, cut into thin wedges
- 2 cloves garlic, crushed
- 1 red capsicum, thinly sliced
- 250g snow peas

- 2 bunches broccolini, cut into 2cm batons
- ¼ cup oyster sauce
- 2 tbsp of hoisin sauce
- Salt and pepper to season
- ½ cup of roasted cashews, roughly chopped to garnish





SCOTT REARDON

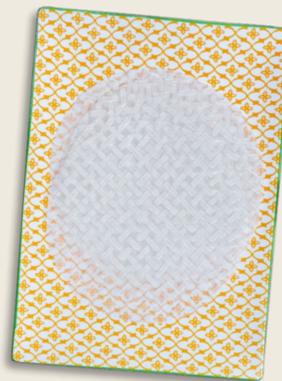
METHOD:

1. Dice the rump steak into strips, drizzle with oil and season with salt and pepper.
2. Place a large heavy based fry pan or wok over a high heat.
3. Once the pan is hot, fry the steak until lightly brown. We do not want to cook it fully, we will finish cooking through the stir fry. When some colour has been achieved remove and rest on a plate.
4. Add onion and garlic to the pan and fry for 1-2 minutes. Add remaining vegetables and sauces.
5. Place the beef in with the vegetables and stir to combine and heat the beef. Top with cashews.



BEEF RICE PAPER ROLLS

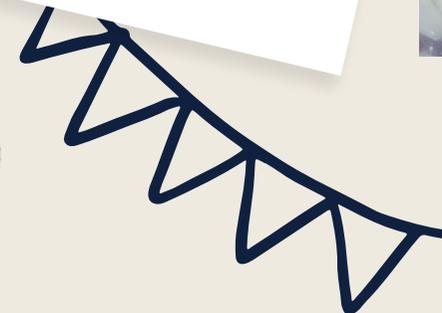
INGREDIENTS:



✂ 4 SERVINGS

- 300g beef rump steak, fat trimmed
- 1 tbsp of Chinese 5 spice powder
- ¼ green cabbage, thinly shredded
- 1 carrot, grated
- ½ red onion, thinly sliced

- ½ bunch of coriander, roughly chopped
- 6 rice paper roll wrappers (22cm size)
- 100g vermicelli noodles, cooked according to packet instructions, cooled
- Hoisin or sweet chilli sauce to serve

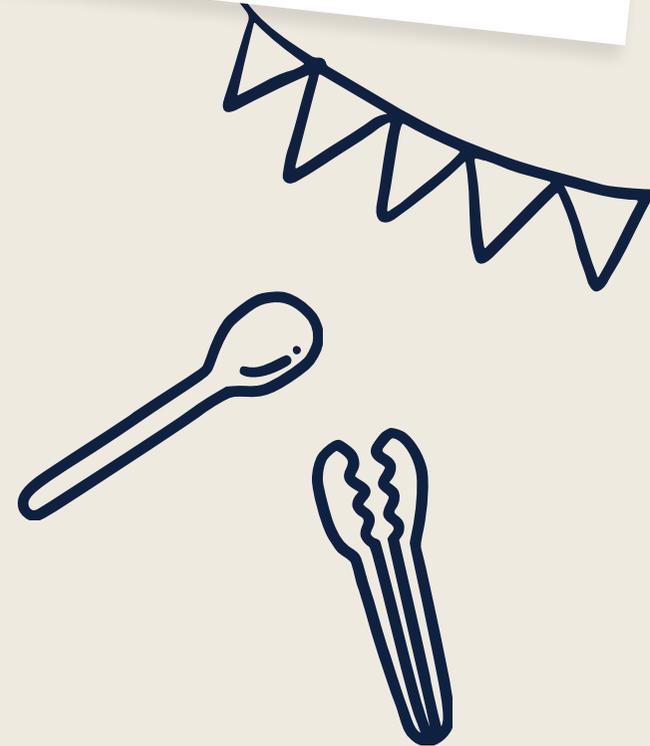




LEWIS HOLLAND

METHOD:

1. Sprinkle steak on both sides with Chinese 5 spice and season well with salt. Heat a griddle pan on a high heat and spray with a little oil. Cook the steak for 2-3 minutes each side or until cooked to medium rare. Set aside to rest for 10 minutes. Slice thinly.
2. Add the cabbage, carrot, onion and coriander to a large bowl and toss to combine.
3. Add some water to a shallow bowl. Dip the rice paper wrapper into the water and place on a clean work surface. Add a portion of vermicelli noodles on the bottom third of the wrapper, lay out a portion of beef on top followed by the tossed salad ingredients. Fold the bottom third of the wrapper over the filling, fold the ends in toward the centre and roll up firmly to enclose filling. Repeat with remaining rice paper wrappers and filling.
4. Serve with hoisin or sweet chilli sauce.



BEEF SAN CHOY BAU

INGREDIENTS:



- 500g lean beef mince
- 1 tsp vegetable oil
- 1 garlic clove, minced
- 2 tsp freshly grated ginger
- 1 can water chestnuts, finely sliced
- 1 tbsp hoisin sauce

- 2 tbsp soy sauce
- 4 spring onions, finely chopped
- 2 cups cooked rice vermicelli (about 65g uncooked) roughly chopped
- 1 iceberg lettuce washed and separated out into lettuce cups

- 1/2 cup of toasted crushed peanuts
- 1 cup bean shoots
- 1/4 bunch of coriander



✂ 4 SERVINGS



ELIZA AULT-CONNELL

METHOD:

1. Heat oil in a large wok or frying pan over a high heat. When oil is shimmering, add lean beef mince and fry off to brown, moving constantly for even cooking.
2. After a minute add the garlic and ginger and stir to combine.
3. Fry a further minute before adding water chestnuts, hoisin sauce and soy sauce. Combine well before adding the spring onions and vermicelli noodles. Toss to incorporate and remove from the heat.
4. To serve, add the mince to the inside of a lettuce cup, garnish well with crushed peanuts, fresh coriander and bean shoots.

