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Good meat, good health

# Recipes



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# Thai beef salad

Serves 4 Prep time 40 minutes (inc. marinating time) Cooking time 15 minutes

## 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)



## Method

1. Marinade 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.





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# Mexican burrito bowl

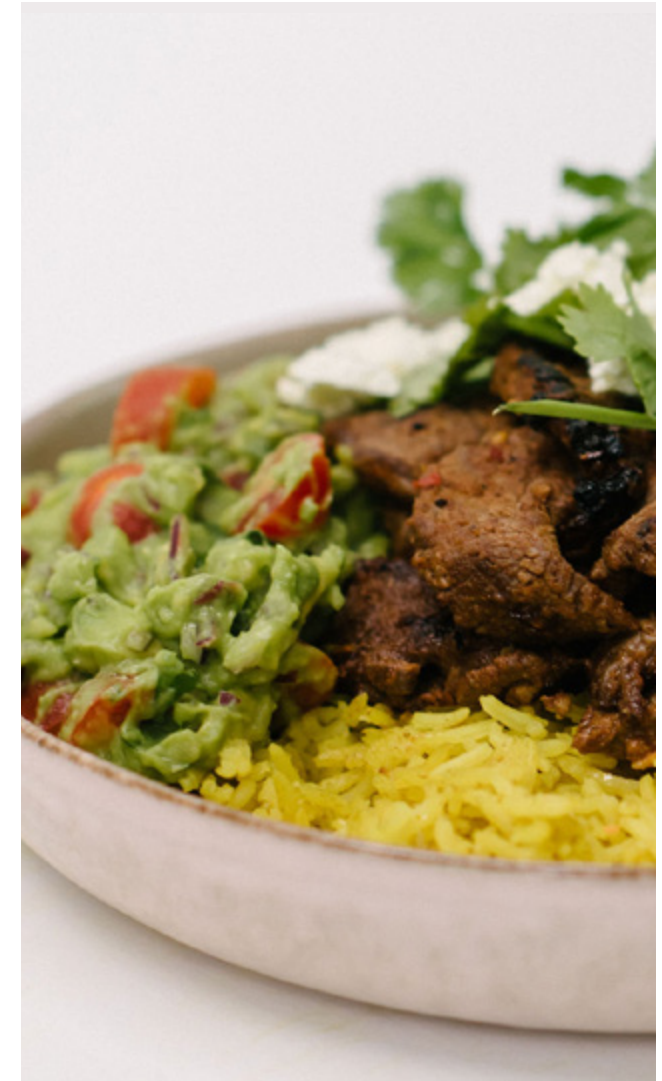
Serves 4 Prep time 25 minutes Cooking time 25 minutes

## 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, chilli sauce, lime wedges

## 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 guacamole and crumble feta. Feel free to add sour cream, coriander and chilli to your liking.





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# Mighty beef meatballs

Serves 4 Prep time 25 minutes Cooking time 20 mins (pan-fry) or 35 mins (oven)

## Ingredients

### 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

### 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

## Method

1. Place shredded carrot and zucchini on a clean towel and wring out as much liquid as possible.
2. Place 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 ¼ cup (85g) 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.





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# Beef sliders

Serves 6 Prep time 20 minutes Cooking time 15 mins

## Ingredients

### Beef patties

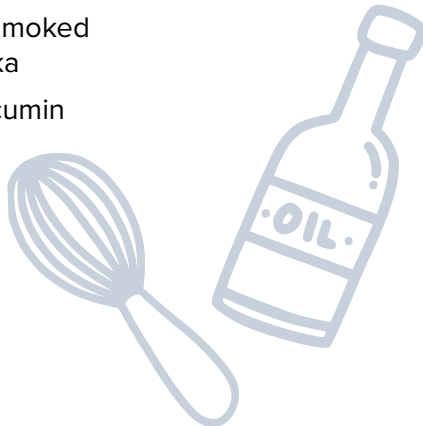
- 500g lean beef mince
- 1 tbsp olive oil for cooking
- 1 carrot, grated
- 1 brown onion, finely chopped
- Salt and pepper
- 1 tsp smoked paprika
- 1 tsp cumin

### Other ingredients

- 6 wholemeal bread rolls

### Optional fillings

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



## Method

1. Finely chop onions and add to beef mince in a large bowl. Add the grated carrot, smoked paprika, cumin, salt, pepper to the beef mince and using clean hands combine them together.
2. 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). Cut your buns in half and spread with avocado.
3. Heat oil in pan then place the beef patties in the hot pan, pushing them flat slightly with the spatula to allow to cook right through.
4. Flip over after 5 minutes on first side, leave for another 5 minutes until cooked through the centre. Place paper towel on a plate ready for when patties are cooked. Remove cooked beef patties from pan and drain on paper towel while you assemble your bun.
5. Place all your favourite salads on the bun and add your beef pattie.





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# Colourful beef kebabs

Serves 6 Prep time 25 minutes Cooking time 8 mins

## Ingredients

### Kebabs

- 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

## 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 ¼ 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.





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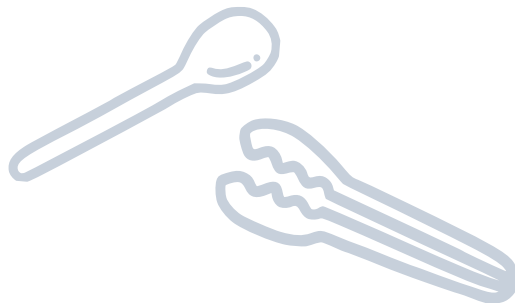


# Beef and cashew stirfry

Serves 4 Prep time 25 minutes Cooking time 15 mins

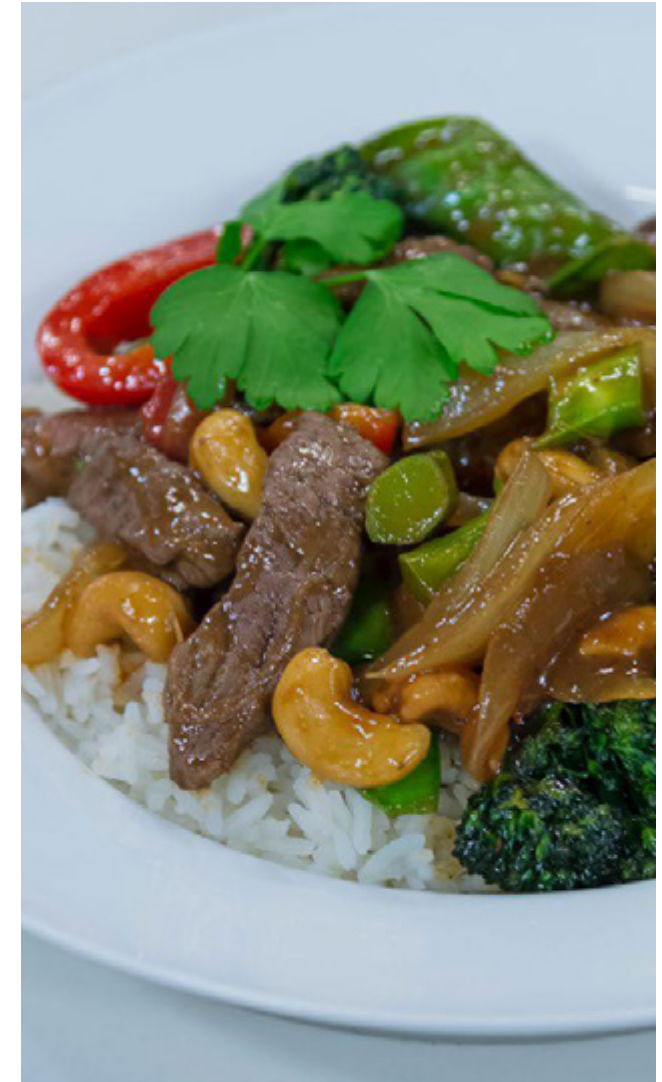
## Ingredients

- 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



## 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.





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# Beef rice paper rolls

Serves 4 Prep time 25 minutes Cooking time 18 mins (inc. 10 minutes resting)

## Ingredients

- 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



## 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.





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# Beef san choy bau

Serves 4 Prep time 20 minutes Cooking time 10 minutes

## 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
- ½ cup of toasted crushed peanuts
- 1 cup bean shoots
- ¼ bunch of coriander

## 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.

