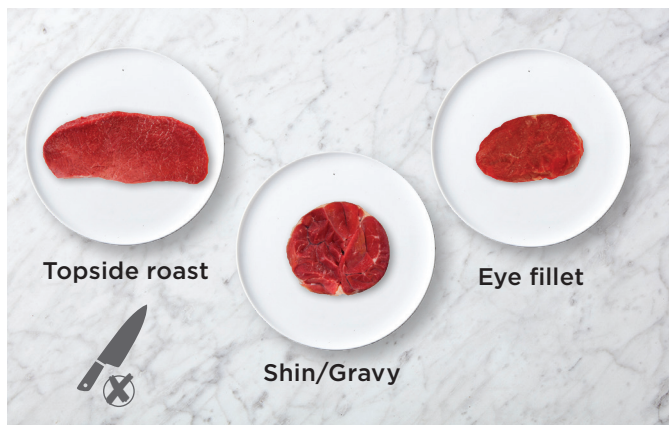


A Guide to Lean Cuts

- Use this guide to prepare meals with beef and lamb cuts that are trimmed of visible fat.
- All beef and lamb cuts are good sources of iron and zinc.
- Lean cuts tend to have less calories than untrimmed cuts.

Cuts that need little to no trimming



Other Examples

Beef cuts:


- Flank
- Silverside/ corned beef
- Minute steak
- Beef medallion

Lamb cuts:

- Eye of loin

Cooking tips



For the perfect steak

- Bring steak to room temperature before cooking
- Preheat pan or BBQ to hot 
- For a regular size steak, such as sirloin, cook for:
 - 3 mins each side for Medium
 - 2 mins each side for Rare

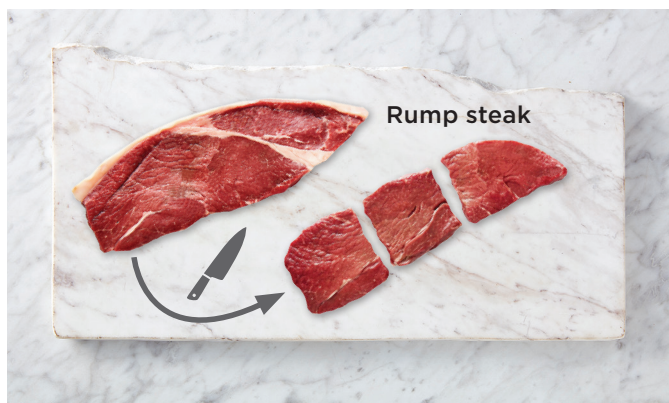
- Before serving, rest for 3-5mins covered loosely in foil



Tips for a pot roast

- Pot roasts add moisture to leaner cuts such as topside
- Add vegetables and enough stock to fill the dish halfway 
- Slow cook over low heat in a tightly covered dish
- Turn meat half way through cooking 
- Place on a warm plate and cover loosely with foil
- Rest for 15 mins, and slice across the grain to serve

Cuts that need a little trimming



Other Examples

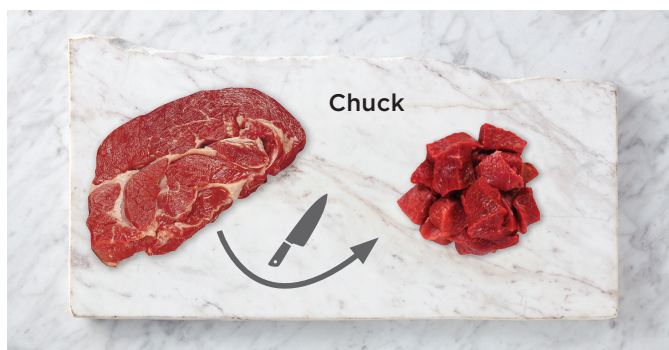
Beef cuts:

- Sirloin
- Blade

Lamb cuts:

- Mini roast
- Leg steak
- Chump chop

Cuts that need more trimming



Tip for easier trimming

For slow cook cuts, such as brisket, shoulder and leg, skim fat once cooled.

Click [mhealthymeals.com.au](http://mlahealthymeals.com.au) for

[Nutritional value of red meat](#) >

For more cooking tips, click

australianbeef.com.au/cooking >

australianlamb.com.au/cooking >

Information in this brochure is aimed at healthy individuals without special dietary requirements and intended as general information only. Care is taken to ensure accuracy and currency of the information, however we cannot guarantee accuracy or currency. This information does not constitute medical, dietary or nutrition advice and you should consult a health professional before making any decisions concerning your health or nutrition requirements. September 2019