

USEFUL FACTS

Meat, Chicken & Fish

Nutritional Value

- Beef, lamb, other red meats, chicken, and fish provide protein, fat, vitamins and minerals (iron & zinc). These substances are important for growth and repair of tissue.
- For non-meat eaters it is important that iron and zinc substitutes - such as legumes, breakfast cereal and whole grains - are regularly provided in the diet.
- Ideal pattern for dinner meals over one week = 2 or more fish meals, 3-4 meat and poultry meals, 1-2 meals based on beans/lentils.

Fat & Iron Content of 100g Grilled Meats

Meat	Type	Fat (g)	Iron (mg)
Beef	Lean	5.5-7.4	3.4-4.3
	Untrimmed	10-13	
Lamb	Lean	3.6	2.0
	Untrimmed	23.5	
Chicken	Skin OFF	4.6	1.9
	Skin ON	12.7	
Pork	Lean	4.8	1.2
	Untrimmed	17.6	
Fish	Grilled	2.9	0.5
	Deep fried	14.5	

Beef, Beans and Beer Casserole

Source: Healthy Cooking, R Stanton

Serves 6

Ingredients

500g lean stewing steak, trimmed of all fat, cut into small cubes
 1 large onion, chopped
 1 medium eggplant, diced
 ½ teaspoon dry mustard
 1 teaspoon dried basil leaves
 1 cup low alcohol beer
 425g can red kidney beans

Method

Using a non-stick fry pan, brown the meat then place in a casserole dish. In the same fry pan, brown the onion, then place on top of the meat in the casserole dish. Add the eggplant, mustard, basil, beer and beans (including the liquid) to the meat and onion. Stir well. Bake, covered, at 150°C for 2 hours or until beef is very tender.

Note

The alcohol from the beer evaporates during cooking, but leaves a great taste to the casserole.

Analysis per serve

Energy (kJ, Cal)	860,205
Carb (g)	12
Prot (g)	29
Fat (g)	4
Dietary Fibre (g)	8
Sodium (mg)	145

It is recommended that New Zealanders eat at least two servings of Meat, Chicken, Fish or an alternative per day!

One serving =

- 2 slices lean cooked meat (100g)
- ¾ cup casserole/mince (195g)
- 1 egg
- 1 steak
- 1 skinned chicken leg

Six Fantastic Ways to Ensure Meat is Tender!

- Only buy packs of meat with no visible juice
- Use a wine or citrus based marinade
- When cutting meat prior to cooking, slice across the grain
- Use tongs instead of a fork to turn the meat. Forks pierce the sealed surface and let the juices out
- When storing, cover meat with foil or waxed paper, not plastic - this stops meat from sweating.
- Defrost meat in the refrigerator not at room temperature or in water.

Bright Tip!

Trim off all visible fat from meat and remove skin from chicken when preparing meals!