

# SCOTCH. FOR THOSE ON A MISSION TO BETTER NUTRITION



The Scotch Butchers Club's guide to red meat and its role in a healthy balanced diet.





FUEL YOUR  
PERFORMANCE  
PAGE 12



CHIPOTLE  
STEAK TACOS  
PAGE 18

# RED MEAT

## AND ITS ROLE IN A HEALTHY

# BALANCED

## DIET

*BROUGHT TO YOU BY THE SCOTCH BUTCHERS CLUB*

Whether it's setting new life-goals, a shift in attitude, or just a desire to put a little more effort into eating healthily, many of us tend to concentrate more closely on healthy living in the early months of the year, rather than seeing it as a longer term approach where small changes can make a big difference over time. Red meat can play a crucial role in helping to form a healthy balanced diet, thanks to its natural health benefits. Packed with vitamin B12, zinc, iron, and protein, red meat can help support immunity and energy levels. And for those looking to fuel an active lifestyle through fitness and sport, red meat can help support muscle recovery. And where better to source your red meat than from your local Scotch Butcher? With their expert knowledge and guidance, Scotch Butchers can help you make the most of your meals, whether it's portion control, selecting the right cuts for protein-packed midweek meals, or finding options to support your fitness and recovery goals.

This guide features a selection of some of our favourite recipes showcasing versatile and delicious ways to enjoy Scotch red meat. Your local Scotch Butcher has all the inspiration you need to kick-start your healthy eating journey.





**NUTRITIONAL  
NEEDS  
PAGE 4**



**SWEET &  
SOUR PORK  
NOODLES  
PAGE 22**

# CONTENTS

<b>MEATING YOUR NUTRITIONAL NEEDS</b>	<b>4</b>
<b>SCOTT BAPTIE</b>	<b>6</b>
<b>SCOTCH BEEF AND BROCCOLI STIR FRY</b>	<b>8</b>
<b>SCOTCH LAMB AND MIXED VEG TRAYBAKE</b>	<b>10</b>
<b>FUEL YOUR PERFORMANCE</b>	<b>12-14</b>
<b>SCOTCH BEEF STROGANOFF</b>	<b>15</b>
<b>SPECIALLY SELECTED PORK PAD THAI</b>	<b>16</b>
<b>CHIPOTLE STEAK TACOS WITH CHARRED CORN AND RED PEPPER SALSA</b>	<b>18</b>
<b>A CUT ABOVE THE REST: YOUR LOCAL SCOTCH BUTCHERS CLUB MEMBERS</b>	<b>20</b>
<b>SPEEDY SCOTCH LAMB SHAWARMA FLATBREADS</b>	<b>21</b>
<b>SWEET AND SOUR SPECIALLY SELECTED PORK NOODLES</b>	<b>22</b>



**STIR FRY  
GUIDE  
PAGE 8**

**ALWAYS ASK  
FOR SCOTCH**

**FIND YOUR  
LOCAL SCOTCH BUTCHER  
AND MORE AT  
[MAKEITSCOTCH.COM](http://MAKEITSCOTCH.COM)**

# MEETING ★ YOUR ★ NUTRITIONAL NEEDS



Recent research carried out by Quality Meat Scotland (QMS) found that at least 86% of shoppers have at least one healthy eating priority right now. That's a lot of people who are interested in staying healthy, right?

“

**RED MEAT IS A  
NUTRITIONAL  
POWERHOUSE THAT'S  
NATURALLY LOW  
IN SALT, AND PACKED  
WITH PROTEIN**

”

Health can mean different things to different people. It could be about getting back to the gym or taking up a new sport. It could be about changing your eating habits to help you live a longer, more fulfilled life, or to have better gut health. It could even be about losing weight or getting better sleep. One thing we know for sure is that good quality red meat from Scotland can play a central role in a healthy, balanced diet.

The health benefits associated with red meat are vast and more varied than you might think, so who better than your trusted butchers to tell you all about them?! Nobody knows red meat better than us.

Scotch Beef, Scotch Lamb and Specially Selected Pork have a special place in Scottish cuisine. From your Gran's famous mince and tatties recipe to your Sunday roasts and midweek meatballs, Scotch has been on the menu for years thanks to the unique factors that allow the little blue Scotch and Specially Selected labels to be on display – only ever born and reared on quality assured Scottish farms, exceptional eating quality and guaranteed to meet excellent animal welfare standards.



Over **80%** of Scottish land is grass or rough – not suitable for crops but ideal for or livestock grazing.

Red meat contains three nutrients which are important for children's growth and development. Protein and phosphorus are needed for normal growth and development of children's bones while iron helps with the normal learning and cognitive development in children.

Iron deficiency in women:



Iron deficiency is a significant concern, affecting around 1 in 10 women and girls in Scotland, with 4 in 10 having low iron stores.



### Muscle support:

The protein and potassium found in red meat help maintain muscle mass and normal function.

In the UK the total agricultural greenhouse gas (GHG) emissions have decreased by

**↓12%**

between 1990 and 2021



Vitamins B6, B12, and zinc from beef, lamb, and pork support a robust immune system.



Fuelling a healthy mind and body

Iron plays a role in reducing tiredness and fatigue and supports normal learning and cognitive development in children.



A natural source of vitamin B12, red meat helps reduce tiredness and fatigue.

**Where do we start?** When speaking about the health benefits associated with red meat, there are a few things that you might not have previously known.

Fresh red meat is a nutritional powerhouse that's naturally low in salt, packed with protein, and full of essential nutrients, making it perfect for a healthy balanced diet. Have you been wondering about the role it can play in helping you achieve your health goals, no matter how big or small they may be? We've got the answers here.

**Iron power:** Essential for healthy red blood cells, iron in red meat is easily absorbed and works even better when paired with vitamin C from fruits and veggies. Iron deficiencies affect so many of us, particularly women, so red meat can really help!

**Energy & vitality:** Red meat's rich source of B12 fights fatigue, boosts energy production and supports a healthy immune system. It's the get-up-and-go of the food groups!

**Strong muscles:** Red meat is high in protein and potassium and helps maintain muscle mass and function. Protein also supports bone development in children. So, whether you're trying to perform your best in the world of sport, or create the next superstar athlete through the younger members of the family, red meat can play its part.

**Sharp mind:** Zinc and iron in red meat, especially beef, help to aid cognitive function, supporting mood and mental well-being. What's not to like?

**Immune boost:** Beef, lamb, and pork provide vitamins B6, B12, and zinc which helps a strong immune system, while vitamin D supports bone health and immunity. Sounds good to us.



# SCOTT BAPTIE

NUTRITIONIST AND FOUNDER  
OF FOOD FOR FITNESS

## WHAT ARE THOSE IN THE KNOW SAYING?

Quality Meat Scotland (QMS) has been working with Nutritionist and Influencer Scott Baptie to continue to drive positive messaging around red meat and educate consumers about its excellent health attributes. Scott, based in rural Aberdeenshire, started out by blogging about his own journey with health and fitness which eventually led to him being featured on the cover of Men's Health magazine. He has since amassed a huge following on social media who see him as their go-to guy for healthy, easy high-protein recipes (often made with, you guessed it, red meat!). Now running his own very successful recipe company – Food For Fitness – Scott gives us his take on red meat's role in a healthy diet.

### Speaking about the different approaches taken by many who are trying to lead a healthier lifestyle, Scott says:

People can often find themselves looking for that 'magic pill' or the secret they don't know about, but when it comes to healthy eating, most of us already know what we should be doing – it's just about the basics and hitting them consistently. Rather than relying on supplements, a crazy new form of exercise or some super-food that costs a fortune, focus on things like where your food comes from, how much of it you are eating and whether you are cooking it healthily.

**Scott continues,** Red meat is one of the most nutrient-dense foods that exists. It's high in lean protein, iron and zinc and packed with vitamins B6 and B12; B12, in particular, helps support the immune system and the nervous system and helps our bodies convert food into energy. It is a nutrient powerhouse.

### Speaking specifically about Scotch red meat,

**Scott said:** Scotch Beef, Scotch Lamb and Specially Selected Pork is only ever born and reared on Scottish farms and guaranteed to meet incredibly high welfare standards.

**Buying Scotch is a great way to support local producers and it helps to reduce food miles, which is better for the environment.**

### What advice does Scott have for anybody who is looking to get a little bit healthier or lose a few pounds?

It's all about the process – rather than the outcome. Rather than focusing on being a stone lighter by a particular date, focus on 'Can I go for a walk every day? Can I make sure I eat five servings of fruit and vegetables? Can I only drink alcohol at the weekends? Can I eat more of something, and what could I eat less of?' If you want to be more active but hate running, it's probably not the best habit to focus on because you are likely to stop doing it as soon as you reach your goal weight. Instead, focus on a sport that you used to enjoy. A higher protein diet is super-effective for helping people lose weight. The feelings of fullness that you get from lean protein will help you avoid snacking throughout the day, and it helps with recovery if you are exercising, too. Scotch red meat is a big winner for me.

To check out more content from Scott, visit the Food For Fitness website at [www.foodforfitness.co.uk](http://www.foodforfitness.co.uk)

You can also follow Scott on social media...

Facebook: [ScottBaptieFitness](https://www.facebook.com/ScottBaptieFitness)

Instagram: [scottbaptie](https://www.instagram.com/scottbaptie)



# Scotch. For natural nutrition.

Scotch Beef, Scotch Lamb, and Specially Selected Pork provide a natural source of protein, vitamins and minerals to help support your healthy balanced lifestyle.



WHEN YOU KNOW, YOU KNOW.

GET IN THE KNOW AT [MAKEITSCOTCH.COM](http://MAKEITSCOTCH.COM)



# SCOTCH BEEF AND BROCCOLI STIR FRY

## NUTRITION

Energy 292 kcal

Fat 13g

Sat Fat 3g

Carbs 6.7g

Sugars 5.1g

Fibre 3.4g

Protein 36g

Salt 1.2g

If you're looking for something quick, easy and healthy, then look no further. This Scotch Beef and Broccoli Stir Fry is perfect for a midweek meal that is packed with flavour, but also high in protein and low in calories if you happen to be on a health kick.

SERVES 4

PREP TIME 5 MINS

COOK TIME 25 MINS

## INGREDIENTS

600g lean Scotch Beef  
UK GI rump steaks

150g tender stem broccoli,  
thinly sliced

1 large red onion, thinly sliced

1 tsp Chinese five spice powder

20ml light soy sauce

2 tsp oyster sauce (this can be  
substituted with one dessert  
spoon of Worcestershire sauce)

15g piece fresh ginger,  
peeled and thinly sliced

1 large clove garlic,  
thinly sliced

20g tomato puree

50ml sherry or white wine  
(this can be substituted with  
25ml white wine vinegar)

## METHOD

- 1 In an oiled and preheated wok, fry the red onion, garlic and ginger for a couple of minutes until softened.
- 2 Add in the Chinese five spice, soy sauce, oyster sauce, tomato puree and wine (or sherry) and stir to incorporate.
- 3 Cook for one minute, then transfer to a bowl.
- 4 Put the thinly sliced broccoli into a bowl, cover with boiling water and leave for 10 minutes to soften.
- 5 Heat some oil in the wok and then add the thinly sliced rump steaks to cook for 6-7 minutes until browned.
- 6 Drain the broccoli and add to the wok along with the bowl of seasoned onion mix. Heat the mixture gently for a few minutes until heated through.
- 7 Serve on a bed of rice or egg noodles, and enjoy.

✦ 36g  
of PROTEIN ✦

**A WEE TIP:**

Why not make double?  
That means lunch  
is sorted the next  
day too.

# SCOTCH LAMB

## TRAYBAKE WITH ROASTED SQUASH

### BETROOT AND HONEY MUSTARD LENTILS

## NUTRITION

Energy 625kcal  
 Fat 21g  
 Sat Fat 6g  
 Carbs 55g  
 of which sugars 26g  
 Protein 46g

Do you ever feel like you just don't have the time to be creative in the kitchen? Anything that involves too much 'faff' is a no-go at dinner time? We've got you covered – it doesn't get much simpler than a traybake. But that doesn't mean you need to compromise on flavour and health, as this beautiful Scotch Lamb traybake with mixed veggies goes to show.

You'll get 46g of protein per serving, with plenty of vitamin C on the side from the veggies.

SERVES 4

PREP TIME 20 MINS

COOK TIME 45 MINS

## INGREDIENTS

4 Scotch Lamb UK GI leg steaks	3 rosemary sprigs, finely chopped	1 small butternut squash, peeled and chopped into 2cm cubes
3 tbsp red wine vinegar	2 garlic cloves, crushed	2 x 250g pouches pre-cooked puy lentils
2 tbsp runny honey	2 red onions, chopped into wedges	200g kale, large stalks removed
2 tbsp wholegrain mustard		

## METHOD

- 1 Place the lamb leg steaks in a non-metallic dish and add 1 tbsp olive oil, red wine vinegar, honey, mustard, rosemary, garlic, 1 tsp salt and a good grind of black pepper. Mix well, cover with cling film and leave to marinate in the fridge for at least 30 minutes or up to four hours. Remove from the fridge around 30 minutes before cooking to allow the meat to come up to room temperature.
- 2 Preheat the oven to 180C fan/200C conventional.
- 3 Line a large roasting tray with parchment paper and add the red onions and squash. Drizzle with 1 tbsp of olive oil, season, toss together and roast for 30-35 minutes, until softened and slightly caramelised, stirring halfway through.
- 4 Heat a non-stick frying pan over high heat, shake off any excess marinade from the lamb steaks and fry on each side for 2-3 minutes until slightly crispy and caramelised. Set aside.
- 5 After the vegetables have had 35 minutes, turn the oven up to 200C fan/220C conventional. Add the kale and lentils to the roasting tray and stir well. Place the lamb steaks on top and pour over the leftover marinade. Roast near the top shelf of the oven for 6-8 minutes depending on the thickness of your steaks.
- 6 Remove and leave to stand for 5 minutes before serving, and enjoy!



SCOTTISH  
LAMB

◆ 46g  
of PROTEIN ◆

These are the veggies we used, but whatever you have in the fridge or cupboards that is needing used up can easily be swapped in – it'll be just as tasty!

# EMILY FORSYTH

SCOTCH BUTCHERS CLUB MEMBER  
AND FITNESS AMBASSADOR



# FUEL YOUR PERFORMANCE

**The world of health and fitness is ever-growing, and the role that nutrition plays when pursuing fitness goals is becoming increasingly important.**

**Whether you're playing 5-a-side with your mates or competing at the top level in your chosen sport, fuelling your body correctly can help you perform and recover, and Scotch red meat comes packed with benefits to help you with that!**



Working as a butchery retail manager at Scotch Butchers Club member 'The Butchery' in Lockerbie, run by her partner John Carlisle, Emily Forsyth is someone with real value to add when speaking about the role of red meat in a healthy and active lifestyle. Emily is a huge fitness ambassador and regularly competes with great success in Hyrox and Crossfit competitions, the latest emerging sport which is being labelled the ultimate fitness race. As part of a recent campaign, we spoke with Emily about all things red meat and the role it plays in her life.

## **How do you use red meat to support your health and fitness goals?**

I try to have a diet that is generally healthy and well-balanced, and there is a place for Scotch Beef, Scotch Lamb and Specially Selected Pork as a part of that. I try to consume all three of these proteins regularly, as they offer a nice variety of nutrients and benefits.

Red meat provides a great amount of protein which is important for recovery when I'm training, along with being relatively low in salt for the most part and high in vitamins and minerals. There are also loads of versatile cuts, so I can still keep my meals interesting whilst giving my body what it needs.

As a general rule, I try to have red meat in at least 1 meal per day to help reach my protein goals. It also helps me maintain healthy iron levels – something that can be problematic for a lot of people, particularly women! You can of course get supplements that help with iron levels, but you won't find a more natural way to boost your iron intake than through red meat.





“

AS A GENERAL RULE,  
I TRY TO HAVE  
**RED MEAT IN AT  
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MY PROTEIN GOALS

”

I often work very long days and can be training for 2-3 hours per day as well for HYROX or other fitness goals. So, optimal recovery is really important to me, and red meat certainly plays its part there. I'll often have a Scotch Beef steak in the evening for an extra protein boost to help my body recover. That also gives me a good vitamin B12 boost to support my immune system and reduce tiredness and fatigue – ready to go again the next day!

**As someone working in a butchery environment, what do you see as the most popular cuts of Scotch Beef, Scotch Lamb and Specially Selected Pork for those trying to eat more healthily?**

From my experience, there are a few that immediately jump out. Lean Scotch beef mince (5% fat) is always a popular choice. It's so easy to cook with, and there are so many things you can make from it! Bolognese, chilli etc. are all great choices for batch cooking and can be made super healthy. Minute steaks can be a popular choice too – you can slice them up, pan fry them and pair them with nice veggies and rice or noodles to make a lovely healthy stir fry.

When I think of lamb and pork, mince is also an option here, but Scotch Lamb or Specially Selected Pork leg are great lean cuts too that are super healthy. Leg is naturally leaner than shoulder, so if you're looking to make a nice Sunday roast and are focussing on making it as healthy as possible, I'd always go with a leg of lamb or pork.

**Why would you choose to cook with Scotch Beef, Scotch Lamb and Specially Selected Pork in particular?**

When you see the blue Scotch and Specially Selected labels, they act as a guarantee that the product has been born and reared in Scotland, and the animals have spent their whole life on quality assured farms, something that is really important to me as someone who works within the red meat industry. They stand for products that are Quality Assured, Locally Sourced and Farmed with Care, which I think are great selling points. Additionally, my body carries me through a lot! Between work and my fitness training, my days can often be gruelling so I always want to know that I'm fuelling myself with the best possible quality products, that have used the best production processes from farm through to fork. Scotch red meat has low food miles, supports local farms and businesses within the supply chain, and the end product has exceptional eating quality – it fits perfectly within what I look for.





**Take a look at one of Emily's favourite recipes that helps her fuel her busy work life and ambitious sporting pursuits:**








Scotch Beef Stroganoff – the perfect recovery meal after a tough competition or training session!

This is a health conscious version of one of my favourite home-cooked meals. Stroganoff using tasty Scotch Beef strips is the perfect comfort meal and helps aid the recovery of my muscles to ensure I can get back to training the following day. Usually after a big competition day, I can feel fatigued, so I make sure my meal is packed with vitamin B12 to help reduce tiredness and fatigue. The Scotch Beef strips can be easily sourced and pre-cut from your local butcher – they can also provide further information on alternative cuts or cooking methods, don't be shy to ask!



# AT A GLANCE RED MEAT NUTRITION

**PROTEIN IS ESSENTIAL FOR GROWTH, MAINTENANCE AND REPAIR OF OUR BODIES**

		BEEF	LAMB	PORK
A source of riboflavin (B2)	Helps to fight fatigue and aids growth			
A rich source of niacin (B3)	Helps the body's repair process and converts food into energy			
A rich source of vitamin B6	Vital for the immune system, nervous system and how we regulate blood sugar levels			
A rich source of vitamin B12	A building block of red blood cells and helps us fight fatigue			
A rich source of zinc	Important for healing and is needed in our sense of smell and taste			
A source of iron	Helps form healthy red blood cells, which is key to transport oxygen around our bodies			
A source of phosphorus	Contributes to healthy bones and teeth. It works with B-Vitamins for growth, maintenance and repair of our bodies			
A source of potassium	Aids the normal functioning of our nervous system			

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Red meat is naturally rich in protein, low in salt and provides us with vitamins and minerals that help contribute towards good health and well-being.

**RECOMMENDED WEEKLY ALLOWANCE: 500G (COOKED WEIGHT) PER WEEK**

A 'source of' or 'rich source of' are approved health claims under the EU health claim regulation (Regulation (EC) No 1924/2006).

# EMILY FORSYTH'S FAVOURITE SCOTCH BEEF STROGANOFF

## NUTRITION

Energy 338 kcal  
Fat 18g  
Sat Fat 5.2g  
Carbs 7g  
Sugars 4.8g  
Fibre 1.9g  
Protein 36g  
Salt 0.86g

SCOTCH  
BEEF

A stroganoff is a nostalgic favourite in many family meal repertoires. This healthier version of an old classic is well worth a try...

SERVES 4

PREP TIME 15 MINS

COOK TIME 15 MINS

### INGREDIENTS

600g Lean Scotch Beef UK GI rump steaks, thinly sliced	2 tsp Dijon mustard	Black pepper
1 large onion, peeled and sliced	1 low-salt beef stock cube	30ml Scottish rapeseed oil – plus extra to fry the steaks
200g chestnut mushrooms, sliced	100ml boiling water	A knob of butter
2 cloves garlic, crushed	80g light crème fraiche	
	15ml lemon juice	

### METHOD

- 1 First, dissolve the stock cube in the boiling water.
- 2 In a large frying pan, heat the oil and the butter and fry the onion for a few minutes before adding the mushrooms and the garlic. Fry until the mushrooms are just browned.
- 3 Add the beef stock, crème fraiche, mustard and lemon juice and heat through, then put the sauce into a bowl and clean the frying pan.
- 4 Heat the remaining oil in the frying pan and sauté the steak slices for 6-7 minutes until browned.
- 5 Add the mushroom sauce, season with some black pepper and heat through.
- 6 Serve on a bed of rice, and enjoy!

✦ 36g  
of PROTEIN ✦



## SPECIALLY SELECTED PORK

## PAD THAI

## NUTRITION

Energy 651 kcal

Fat 35g

Sat Fat 8.6g

Fibre 7.2g

Protein 41g

A fusion made up of beautiful Thai flavours and versatile Specially Selected Pork mince from Scotland feels like a match made in heaven. This one comes packed with plenty of good stuff through the veg, a punch of protein from the pork and ample carbs if you're looking to fuel or recover from some physical activity.

Of course it was going to feature in our health and nutrition focused booklet!

Get the wok out and enjoy.

SERVES 4

PREP TIME 30 MINS

COOK TIME 20 MINS

## INGREDIENTS

500g Specially Selected Pork  
lean mince

1 lime, zest and juice

2 large eggs, beaten

2 tbsp honey

200g rice noodles

1 bunch of spring onions, finely  
sliced into white and green parts200g green beans, trimmed  
and chopped into 2cm pieces50g roasted and salted  
peanuts, roughly chopped  
(optional)

75g crunchy peanut butter

2 large carrots, peeled and  
chopped into fine shreds

4 tbsp light soy sauce

## METHOD

- 1 Heat some sesame or olive oil (whichever you have!) in a wok or large frying pan and add the pork mince. Fry for 10 minutes until cooked through and evenly browned.
- 2 Meanwhile, make the sauce by adding the peanut butter, soy sauce, lime and honey to a bowl. Whisk with a fork until combined.
- 3 Once the pork is browned, add the slices from the white part of the spring onions to the pan and stir for a few minutes.
- 4 Cook the noodles according to the packet instructions, then add the green beans and carrots to the pork and continue stirring over a high heat for a couple of minutes.
- 5 Push the pork and vegetables to one side of the pan and add the beaten egg to the other side. Stir with a wooden spoon until the egg is cooked, then break the egg into clumps and mix it all together.
- 6 Add the cooked rice noodles to the pan along with a splash of the noodle-cooking water. Keep stirring before pouring over the peanut sauce.
- 7 Turn the heat down to low and toss the noodles so they are well coated in the sauce, adding a splash more of the noodle-cooking water if it looks a little dry.
- 8 Serve in large bowls and top with chopped peanuts and your garnish of choice – we've gone with coriander and red chilli!



SPECIALLY  
SELECTED  
PORK

As with many of our recipes, feel free to swap out the veggies for any others that you have in the fridge that might need using up – that's the versatility of Specially Selected Pork, you can get creative and use a number of different ingredients and the end result will still be amazing.



✦ 41g  
of PROTEIN ✦

## AIR FRYER SCOTCH BEEF

## CHIPOTLE STEAK

TACOS WITH CHARRED CORN  
AND RED PEPPER SALSA

## NUTRITION

Energy 561kcal

Fat 13g

Sat Fat 3.3g

Fibre 13g

Protein 42g

When you're trying to eat healthily and pack your week with nutritious meals to fuel a busy and active lifestyle, it's important to still make food that is exciting, tasty and can even feel like a treat (minus the guilt!). That's exactly what these amazing Scotch Beef Steak Tacos give you – it feels like something you've just grabbed from the latest street food pop-up, but all made from the comfort of your own home. **Plenty of protein and fibre – give it a go!**

SERVES 4

PREP TIME 30 MINS

COOK TIME 25 MINS

## INGREDIENTS

2 x 225g Scotch Beef UK GI rump steaks, fat trimmed	1 red pepper, deseeded and finely chopped	1 red chilli, deseeded and finely chopped
1 tbsp chipotle paste	1 lime, zest and juice	½ red onion, finely chopped
4 corn-on-the-cob	5 large tomatoes, deseeded and chopped	8 soft corn tortillas
		Sour cream to serve (optional)

## METHOD

- Put the steaks on a plate and rub the chipotle paste all over the meat. Set aside to marinate at room temperature for around 30 minutes while you make the salsa.
- Heat your air fryer to 200°C. Place the corn on the cob in the air fryer, spray a few times with olive oil spray, and air fry for 15-18 minutes until they are slightly charred all over, turning every so often so they get evenly coloured. Set aside to cool.
- For the salsa, add the red pepper, lime zest and juice, chopped tomatoes, red chilli and red onion to a large bowl. Mix well.
- Once cool enough to handle, slice the charred kernels off the cobs and add to the salsa. Mix again and add salt and pepper to taste.
- Heat the air fryer to 220°C and cook the steaks for 2 ½ minutes on each side for pink meat. Wrap in foil and leave to rest for a few minutes.
- Heat the taco wraps in the air fryer before topping with the salsa, sliced steaks and a few dollops of sour cream. Serve and enjoy!



✦ 42g  
of PROTEIN ✦

If you don't have an air fryer at home – don't worry! This is just as tasty if you cook your steak in a frying pan.

Trying to use up all those extra ingredients in your fridge? Any mix of vegetables/salad ingredients will work brilliantly in this recipe!



# A CUT ABOVE THE REST:

## YOUR LOCAL SCOTCH BUTCHERS CLUB MEMBERS

Health and Nutrition is a theme that the modern-day customer likes to keep up to speed with! Customers of all different types are increasingly looking to eat healthily – whatever that may mean to them. At the Scotch Butchers Club – we can help our customers do exactly that!

There are member shops located all over the country, willing and ready to help answer any questions you might have about getting the most out of red meat. Whether it's a question around quantities for a recipe, what cut is best suited for your health goals or cooking methods that can fit into your lifestyle, we want to help. If you want to get the best out of your red meat, we'd encourage you to visit your local Scotch Butcher.

They're the trusted experts who really care about providing their customers with excellent quality produce that has been sourced in the most sustainable and respectful way. The production methods used for Scotch Beef, Scotch Lamb and Specially Selected Pork are tested throughout the whole process to ensure amazing eating quality, with the right methods used from farm to fork.

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**FIND YOUR NEAREST SCOTCH BUTCHER BY VISITING THE MAKE IT SCOTCH WEBSITE AT**

[www.makeitscotch.com/the-scotch-butchers-club/butchers-search](http://www.makeitscotch.com/the-scotch-butchers-club/butchers-search)

**OR BY SCANNING THE QR CODE OPPOSITE >>>>**



## SPEEDY

# SCOTCH LAMB SHAWARMA FLATBREADS

## NUTRITION

Energy 670 kcal  
Fat 30g  
Sat Fat 10g  
Fibre 14g  
Protein 49g  
Salt 1.2g

SCOTCH LAMB

Just because a meal is quick to rustle up, doesn't mean it can't be absolutely amazing with great ingredients and simple methods. Give this Scotch Lamb Shawarma flatbread recipe a go to prove the point!

SERVES 4

PREP TIME 30 MINS

COOK TIME 15 MINS

### INGREDIENTS

6 Scotch Lamb UK GI Leg Steaks	¼ tsp ground cinnamon
4 flatbreads	¼ tsp ground ginger
2 garlic cloves, crushed	<u>For the salad:</u>
2 lemons	Side salad of choice
1 tbsp cumin	<u>For the tahini dressing:</u>
1 ½ tsp coriander	25g tahini
1 tsp fennel seeds	1 lemon, juiced
1 tsp ground allspice	75g greek yoghurt
1 tsp ground turmeric	

### METHOD

- 1 Make the marinade by mixing the olive oil, garlic, zest and juice of a lemon and spices in a small bowl. Pour the marinade over the lamb steaks, massaging it into the meat. Leave for 30 minutes at room temperature while you prepare the salad and dressing.
- 2 Pull together a small salad using ingredients of your choice – we'd recommend using some red cabbage, red onion, cucumber, tomatoes and mint – but even some simple gem lettuce would do the trick! Mix it well and season to taste.
- 3 For the tahini dressing, whisk everything together using a fork in a small bowl. Add a splash of water until the dressing is at a drizzling consistency and season to taste.
- 4 When you are ready to fry the steaks, heat a large non-stick frying pan over a high heat. Add the steaks, and fry for 3 minutes on each side for pink meat. Leave to rest covered in foil for a few minutes.
- 5 Heat the flatbreads according to the packet instructions. Slice the steaks and assemble your shawarma wraps with strips of lamb, some salad, a drizzle of the dressing.

49g  
of PROTEIN



# SWEET & SOUR SPECIALLY SELECTED PORK NOODLES

## NUTRITION

Energy 659kcal  
Fat 7.9g  
Sat Fat 1.6g  
Protein 49g  
Salt 1.7g

SPECIALLY  
SELECTED  
PORK

What do we automatically think of when we're looking for a meat that is versatile and can be used in almost any dish? Yeah, chicken – we know.

**But did you know that Specially Selected Pork is just as versatile and comes with some excellent nutritional and health benefits to boot!**

This Sweet and Sour Noodles dish is the perfect one to go with. It's easy, healthy and perfect for the early year health kick – we hope you're noticing a very deliberate trend in the types of recipes we're sharing in this booklet!

SERVES 4-6

PREP TIME 20 MINS

COOK TIME 90 MINS

## INGREDIENTS

600g Specially Selected pork tenderloin, cut into chunks	1 tbsp light soy sauce	2 cm piece root ginger, finely chopped
400g can of pineapple pieces in natural juice	1 tbsp wine vinegar	2 spring onions, shredded egg noodles, cooked, to serve
1 tbsp cornflour	1 red onion, thickly sliced	
2 tbsp sweet chilli sauce	2 orange or red peppers, thickly sliced	

## METHOD

- 1 Drain the can of pineapple pieces and measure 100ml of the juice into a jug. Mix together the cornflour, sweet chilli sauce, soy sauce and vinegar and once blended, stir into the pineapple juice.
- 2 Heat some oil in a wok or large frying pan over a high heat and stir fry the pork for a few minutes until browned on all sides. Add the onion and peppers and stir fry for 3-4 minutes. Add the ginger and pineapple pieces and stir fry for a further few minutes until both are heated through.
- 3 Pour in the sauce and bubble for a minute or two until thickened. Add the cooked noodles and stir well so the noodles are well coated in the sauce. Scatter with shredded spring onions to garnish, serve and enjoy.



SPECIALLY  
SELECTED  
PORK

✦ 49g  
of PROTEIN ✦

Want to get more confident when cooking with pork? Ask your butcher for tips on the best cuts to use for certain meals, what to have it with, how best to cook it etc. As butchers, we want to help you get the best out of your red meat – we'd love to have a chat with you about it!

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