

food for sport

nutrition information



introduction

As part of an increasing awareness of the importance of good nutrition in our lives, most of us know incorporating a balanced diet and exercise into our daily routine can help us feel good and stay healthy.

Whether we play sport for fun or competitively, we need food for energy to keep us going. As a top athlete, I know how important the right food choices are for my performance, like choosing to include lean beef and lamb in my diet for protein and energy. The fuel I feed myself can make all the difference on race day.

This booklet, 'Food for Sport' contains great information as well as useful tips and ideas on food and nutrition to help you achieve your individual goals.



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food for sport

The pace of life today makes it difficult to eat well. A commitment to training and sport can leave you with less time to buy, prepare and eat nutritious food. Nutrition is one component in reaching your personal best. Genetic factors and training also contribute to optimum performance.

**GENES + TRAINING + NUTRITION
= OPTIMUM PERFORMANCE**

When you are training, your body has increased nutrient needs, depending on your training volume, frequency and intensity.

The right type, quantity and quality of foods will help you cope with a rigorous training schedule and perform at your best. When you consider how much time and effort you put into your training, it makes sense to put the same into your nutrition plan.

exercise intensity

Your nutritional needs for sport will vary depending on the intensity of the activity you are involved in.

How do you know the intensity of your exercise? If you can converse whilst exercising then it is probably low intensity. If breathing is an effort and you have to take a sharp breath to speak, it is moderate intensity exercise. If you can hardly speak and are panting quite heavily then it is high intensity exercise. See below examples of exercise and sports in the associated intensity groups.



| Low Intensity | Moderate Intensity | High Intensity |
|---------------------|--------------------|----------------------|
| Walking on the flat | Jogging (7km/hr) | Running (10-15km/hr) |
| Cycling on the flat | Walking uphill | Competitive sports |
| Golf | Netball | Cycling (race pace) |
| Gardening | Weight training | Squash |
| Lawn bowls | Skiing | Swimming (race pace) |
| Water walking | Aerobics | Rowing (race pace) |

energy

energy

Three types of food provide energy: carbohydrate, protein, and fat, each of which supplies different amounts of energy per gram. Iron, the mineral, is involved with both energy production and transporting oxygen around the body. These nutrients impact on energy levels and are important for good sports performance.

Athletes tend to think of energy as 'get up and go', and measure their own energy levels by the way they feel. Nutritionists and dietitians refer to energy as fuel for body processes, measured in kilojoules (kJ) or kilocalories (kcal).

You will see kJ and/or kcal if you look at a nutritional panel on food packaging.

To convert kJ to kcal, divide by 4.2, eg $1200\text{kJ}/4.2 = 286 \text{ kcal}$

To convert kcal to kJ, multiply by 4.2, eg $200\text{kcal} \times 4.2 = 840\text{kJ}$

carbohydrates

carbohydrates

Carbohydrates are the major source of fuel for everyone, especially athletes. Sports dietitians and nutritionists recommend that carbohydrates such as breads, cereals, fruits, vegetables and pulses, make up more than half our total energy intake. Aim for 5-10 grams per kilo of body weight per day.

The amount of carbohydrate your body needs depends on your body weight and your level of training. The table below gives the recommended carbohydrate requirements for athletes.

| Activity (4-7 days training/week) | Grams of carb/kg body weight (g/kg/day) |
|--|---|
| Sports involving low intensity training, eg lawn bowls or slow walking. | 4-5g/kg/day |
| Sports involving up to 60 mins moderate to high intensity training, eg swimming or fast walking. | 5-6g/kg/day |
| Sports involving 60-120 mins moderate to high intensity training - most team sports, strength and lifting sports, eg soccer or rowing. | 7-8g/kg/day |
| Endurance training 2-5 hours/day, eg long distance running. | 8-10g/kg/day |

Carbohydrates can be spread over the day into 20g portions (see table below). A maximum of 600-800g per day of carbohydrates is required.

| Examples of 20g carbohydrate portions | | |
|---------------------------------------|-------------------------|------------------------|
| 2 slices thin bread | 1 medium potato/kumara | 1 large apple/orange |
| 2 plain crackers | 2 cereal wheat biscuits | 200ml fruit yoghurt |
| 1 cup cooked porridge | 1 cup pumpkin | 300ml sports drink |
| 1/2 cup pasta/rice | 1 medium banana | 1 Tbsp jam/honey/sugar |

Carbohydrates are stored in the body as glycogen in the muscles and liver. Glycogen is the main source of energy for the muscles to perform during exercise. The body can only store a limited amount of glycogen, so it is essential to eat carbohydrates every day.

The sample meal plan on page 6 shows how carbohydrate foods fit into your daily eating.

the glycaemic index

The Glycaemic Index (GI) is an indicator of the effect a carbohydrate food has on the body. It describes the rate carbohydrate is digested, and its influence on blood sugar.

Low GI foods are digested and absorbed slowly and glucose is released into the bloodstream over a long period of time. This may extend endurance and allow for a longer exercise session or improved performance in an endurance event.

High GI foods are digested and absorbed quickly and raise blood sugar levels rapidly over a short period of time. They can be used during or after an event to provide energy fast. See below for examples of carbohydrates and their GI rating.

| Low GI (eat prior to sports event) | Moderate GI (eat during & after sports event) | High GI (eat during & after sports event) |
|---|---|---|
| baked beans brown bread muesli porridge pasta long grain white rice most fruits apple or orange juice milk yoghurt | muesli bar rice bubbles cornflakes brown rice ripe banana kiwifruit pineapple melon pita bread crumpet | sports drinks sports gels white bread cereal wheat biscuits jellybeans/sweets honey glucose baked potato pumpkin, swede water crackers |

protein

protein

Protein is essential for the growth and repair of all body tissues including muscle and bone. It is involved with carrying oxygen around the body, hormone and enzyme production, and the immune system.

Protein also has a role in providing energy if glycogen stores are low, but when protein is used in this way it cannot then contribute to the important areas of muscle growth, repair and recovery (this may occur with low carbohydrate, high protein diets).

Carbohydrates should contribute to the majority of your energy needs (50-60%). By having good glycogen stores you actually spare protein.

In the same way, to gain muscle mass it is important to consume enough energy, mainly from carbohydrates, otherwise you will use some of your body protein to provide energy – hence you can lose muscle!

Athletes have slightly higher protein needs than the average person due to extra wear and tear on their bodies. See table below for daily protein needs for different types of training.



| Activity | Grams of protein/ kg body weight (g/kg/day) |
|--|--|
| General public and athletes taking part in low intensity training, eg golf. | 0.8 - 1g/kg per day |
| Endurance training, eg distance running. | 1.2 - 1.4g/kg per day |
| Strength or power training, eg weight training for field sports, or body building. | 1.6 - 1.7g/kg per day |
| Adolescent athletes. | 2g/kg per day |

protein

The amount of protein your body needs can be divided into 15g portions spread over the day (see table below). See sample plan on page 6 to see where protein fits into your daily eating.

| Examples of 15g protein portions | |
|--|----------------------------------|
| 50g lean cooked beef or lamb | 400ml milk |
| 75g lean cooked mince | 300ml yoghurt |
| 1 hamburger patty | 100g cottage cheese |
| $\frac{2}{3}$ cup casserole meat or stew | 1 cup beans |
| 60g cooked skinless chicken | $\frac{1}{2}$ cup hummus |
| 2 large eggs | 3 Tbsp pumpkin seeds |
| 1 small fillet of fish | 3 cups cooked rice or pasta |
| 50g canned tuna | 1 cup muesli with fruit and nuts |

Animal sources of protein such as lean red meat, provide a good source of iron, zinc and vitamin B₁₂ as well as high quality protein. They contain all the essential amino acids the body needs. For recipes that are a source of high quality protein see page 14.

Plant sources of protein are generally lower in at least one amino acid, so vegetarians have to combine foods carefully to obtain enough high quality protein.

To achieve a balance of amino acids, the protein from cereals such as bread, corn and rice should be matched with protein from pulses, nuts and seeds, for example baked beans on toast.



It is not difficult to meet protein needs if eating a balanced diet with a variety of foods. When athletes increase their energy intake, they often automatically increase their protein intake.

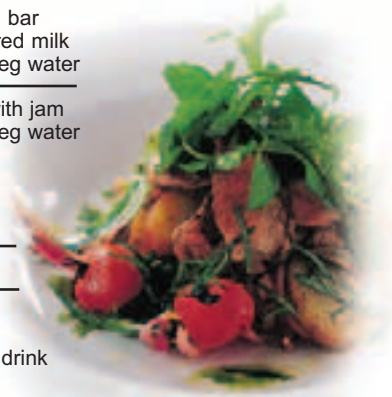
Protein may help to curb your appetite if you want to control your weight. Including a small amount of protein with each meal can lower the glycaemic index (GI) of a carbohydrate food (see GI table on page 3). This means you may feel full or satisfied for longer.

Excess protein in the diet can put an extra strain on the kidneys and increases your risk of dehydration. A diet very high in protein may increase calcium loss and cause weakened bones. Be particularly aware of your protein intake if taking protein supplements in addition to a balanced diet.

sample eating plan

Here is a sample eating plan with enough carbohydrate and protein portions suitable for either a 55kg long distance runner training 1-2 hours per day, or a 68kg soccer player training at least an hour per day, or an 85kg person who walks an hour a day.

| | |
|--|---|
| <p>Breakfast 7am</p> <p>6 carbohydrate portions 1 protein portion</p> | <p>2 slices toast/bread with 2 Tbsp jam, honey or peanut butter 1 cup cereal with 1/2 cup milk, small pot of yoghurt and a banana 1 glass fruit juice 1 glass water</p> |
| <p>Mid-Morning 10.30am</p> <p>3 carbohydrate portions</p> | <p>1 scone with thin spread margarine and jam 1 apple 1 glass water</p> |
| <p>Lunch 12 noon</p> <p>5 carbohydrate portions 2 protein portions</p> | <p>2 pita breads with lettuce, tomato, cold meat 1 apple 1 large cereal bar 200ml flavoured milk 1 glass fluid, eg water</p> |
| <p>Mid-Afternoon 3pm (pre-training meal)</p> <p>3 carbohydrate portions</p> | <p>1 sandwich with jam 1 glass fluid, eg water</p> |
| <p>Before training</p> | <p>1 glass water</p> |
| <p>Training 5pm</p> | <p>Water</p> |
| <p>After Training (post-training snack)</p> <p>3 carbohydrate portions</p> | <p>1 banana 1 cereal bar 300ml sports drink</p> |
| <p>Dinner 7.30pm (post-training meal)</p> <p>5 carbohydrate portions 3 protein portions</p> | <p>125g lean red meat 1 1/2 cups cooked rice Stir-fried vegetables, eg broccoli, capsicum, beans, carrots 2 Tbsp raisins 1/4 cup cashew nuts 1 glass water</p> |
| <p>Supper 10pm</p> <p>1 carbohydrate portion</p> | <p>1 cup hot chocolate</p> |



Incorporate variety into your diet to ensure you are receiving a wide range of vitamins and minerals. See page 14 for recipes.

fat

fat

Dietary fat has important roles in the body including insulation from the cold and aiding in the absorption and transportation of the fat-soluble vitamins (A, D, E and K).

Fat has over twice the energy value of carbohydrates or protein. It is a concentrated form of energy so it is easy to eat more than you need, leading to weight gain. One gram of fat provides more than double the energy (9 kcal) provided by carbohydrate or protein (4 kcal).

Excess fat contributes to weight gain, heart disease and other health problems. Even for athletes who burn off the extra energy fat supplies, there is an increased risk of adverse effects later in life.

A high intake of saturated fat, eg high fat dairy products, is associated with an increased blood cholesterol, so fat intake should be predominantly in the unsaturated form.

By choosing low fat dairy products, lean red meat, skinless chicken, fish and plant oils, you can reduce your intake of saturated fat and replace it with unsaturated fat.

Low fat is the key. In general we need 1 gram of fat per kilogram of body weight per day up to 90 grams/day, eg a 60kg person needs about 60g fat.

| <i>Fat content of a sample of foods</i> | |
|---|-----|
| 80g lean beef mince | 5g |
| 1 lean grilled lamb chop | 5g |
| 1 scone | 5g |
| 2 chocolate biscuits | 6g |
| 1 regular muesli bar | 6g |
| 1 slice pizza | 10g |
| 1 50g packet potato chips | 18g |
| 1 croissant | 23g |

practical tips to reduce saturated fat:

- Buy lean red meat and trim off all visible fat.
- Remove skin and fat from chicken before cooking.
- Choose low fat dairy products (milk, yoghurt, cheese).
- Limit high fat snacks (eg chips, chocolate) and fried foods.
- Use low fat cooking methods eg bake, grill, steam, microwave.
- Use vegetable oils eg olive or canola, which provide mono and polyunsaturated fat instead of butter, a source of saturated fat.

iron

Iron is an essential component of two blood proteins: haemoglobin, which carries oxygen around the body and myoglobin, which holds oxygen in the muscles. Iron deficiency reduces oxygen supply to muscles and slows down metabolic reactions required for energy. This can decrease performance, as you can suffer fatigue, cramps, headaches and shortness of breath. Therefore an adequate iron intake is vital for people involved in sports and exercise.

Iron deficiency occurs when:

- You do not eat enough foods containing iron, eg fad diets, low energy diets, poorly balanced vegetarian diets.
- You have increased iron needs, eg to replace monthly blood loss for females, in times of growth (childhood and adolescents) and increased physical activity.



Females are at higher risk of iron deficiency due to regular loss in menstruation. It is important they choose foods that are rich in iron, eg lean red meat. Dietary iron in foods is found in two forms:

Haem iron is only found in animal products. It is easily absorbed and used by the body. About 25% of haem iron is absorbed, depending on iron stores - more is absorbed if iron stores are low. Generally the redder the meat, the higher the iron content. Beef and lamb are two of the richest sources of haem iron.

Non-haem iron is found in both animal and plant products. It is poorly absorbed by the body, about 5%. Consumption of animal proteins (meat, fish or poultry) and vitamin C can boost absorption of non-haem iron. Iron absorption from plant foods can be increased by up to four times by combining with red meat in a meal, ie eating meat and vegetables together. Tannins in tea and coffee, phytates in wholegrain cereals, oxalates in some vegetables (eg spinach) and some types of fibre can inhibit absorption of non-haem iron.

Iron supplements should only be taken under medical supervision. In the long term, food is the safest and healthiest way to maintain iron status. Frequent use of iron supplements may reduce the absorption of zinc, copper and calcium, increasing the risk of deficiencies.

iron

practical tips to improve iron absorption:

Recommended dietary iron intake is 12-16mg a day for women and 7mg a day for men. Include lean red meat in your meals three to five days a week (the red meat provides iron and increases the absorption of non-haem iron in the meal).



- If you are not having a haem iron food in your meal, include a good source of non-haem iron (see table below).
- Include foods containing vitamin C with your meal, eg fruit and vegetables or orange juice.
- Avoid tea and coffee for 1-2 hours around meal times.

iron content of haem and non-haem foods:

| Haem iron foods (well absorbed) | Iron (mg) | Non-haem iron foods (poorly absorbed) | Iron (mg) |
|------------------------------------|--------------|--|--------------|
| 130g grilled lean sirloin | 4.9mg | 1 cup baked beans | 2.7mg |
| 130g grilled lean rump steak | 4.5mg | 1 cup cooked silverbeet | 2.1mg |
| 130g grilled lamb leg steak | 4.0mg | 1 cup porridge (no milk) | 1.3mg |
| 130g lean beef mince | 3.7mg | 1 boiled egg | 1.1mg |
| 160g roast chicken breast | 1.1mg | 10 dried apricots | 1.1mg |
| 185g (1 can) tuna in brine | 1.0mg | 2 slices wholemeal bread | 1.0mg |

calcium

calcium

Calcium is needed for building and maintaining strong bones and teeth, muscle function, blood clotting and nerve transmission. Insufficient calcium intake can contribute to stress fractures (broken bones) in the short term or osteoporosis (thinning of the bones) later in life, especially in females.

Women in endurance sports, gymnasts and ballet dancers who lower body fat to a minimum level are at particular risk. They may develop athletic amenorrhoea, where menstruation ceases altogether. This can lead to a loss of calcium, causing fragile bones. If you are female and experience altered or cessation of monthly periods, see a doctor.

A high calcium intake can help. Low fat dairy products are the best sources of calcium in the NZ diet, eg calcium-enriched or trim milk, yoghurt or lower fat cheeses (edam or cottage).

fibre

fibre

Fibre is an important dietary factor that aids bowel function and helps to reduce cholesterol levels.

Sources of fibre include fruit, vegetables, wholegrain cereals and pulses such as beans. These foods can help you feel full for longer, which can make weight control easier.

Excessive intake of fibre may cause gut discomfort in some athletes, especially runners. In this case, choose foods lower in fibre before exercise, eg white bread and peeled fruit and vegetables.

fluids

fluids

Maintaining an adequate fluid intake is essential in any healthy diet and is particularly important for athletes. (In fact, water is a critical component in any diet.)

Water prevents dehydration, which can impair performance, and helps keep the body cool while exercising.

Thirst is not a good indicator that you need fluid – by the time you are thirsty, you have started to become dehydrated. A fluid loss of 2% body weight can impair performance by up to 20%. Therefore it is important to drink before you feel thirsty.

See the competition nutrition section on page 12 for tips on fluid intake. To know what your exact fluid needs are during training, see a Sports Nutritionist or Dietitian.



sodium (salt)

Many foods contain salt. Adding excess salt to your meals or consuming a lot of high salt foods can disturb your balance of calcium (for bones) and may contribute to high blood pressure.

If you are competing in endurance sports such as triathlons or long distance running, salt is important to replace losses during sweating. You should not cut salt out of your diet completely, but try to reduce intake. In sports drinks, sodium has several important roles:

- Enhances absorption of water and glucose.
- Maintains fluid balance.
- Enhances fluid retention (so you don't urinate so much).
- Makes you want to drink more, which is good!

alcohol

Alcohol can be a pleasant part of your lifestyle but can impair sporting performance, such as:

- Decrease in reaction time.
- Problems with movement, balance, coordination, concentration and effective decision-making.
- Changes in attitude, for example decreased motivation.
- Dehydration and fatigue.
- Delayed healing of soft tissue injuries, eg sprained ankle.
- Weight gain.

Practical tips about alcohol:

- When you have finished exercising, rehydrate with water, sports drinks or juice before drinking alcohol.
- Avoid alcohol for 2 days before a competition or important event.
- Avoid alcohol if injured, as healing can be prolonged.

supplements & performance enhancers

A dietary supplement contains similar amounts of nutrients available in food. They can provide a convenient and practical means of ingesting nutrients in an athletic setting. Examples include sports drinks, sports bars, carbohydrate powders or liquids.

A nutritional ergogenic aid contains nutrients in amounts greater than those typically found in food. They often rely on information unsupported by scientific evidence. They are generally not recommended by sports nutrition experts except where scientific trials have documented a significant effect. Nutritional ergogenic aids with clear scientific support include creatine, caffeine and bicarbonate. See a Sports Nutritionist or Dietitian for advice on using these.

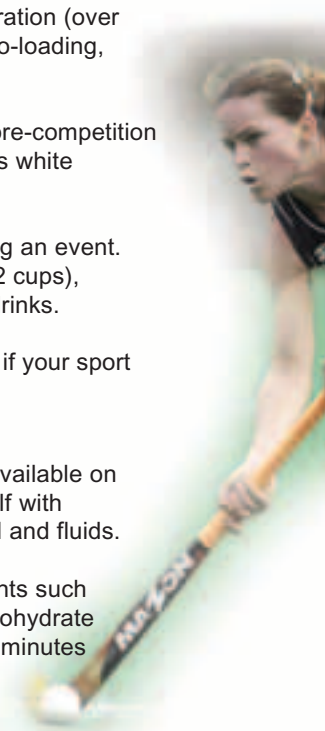
competition nutrition

pre-competition nutrition

- To ensure you perform at your best, low GI carbohydrate foods (see table page 3) before an event are ideal, such as fruit salad and yoghurt, a banana sandwich, pasta with tomato-based sauce, or a sports drink and sports bar. **Ensure you have practised with foods in training before competition day.**
- A pre-competition meal is especially important if involved in events lasting longer than 90 minutes.
- Aim to eat 1 to 4 hours prior to the event depending on the size of the meal, time of the event and type of activity.
- If you are involved in sports of long duration (over 90 minutes) and are interested in carbo-loading, see a Sports Nutritionist or Dietitian.
- To reduce stomach upsets, choose a pre-competition meal low in fibre and low in fat, such as white bread with no butter.
- Ensure you are hydrated before starting an event. Drink as much fluid as comfortable (1-2 cups), eg water, sports drinks or diluted fruit drinks.
- Talk to a Sports Nutritionist or Dietitian if your sport involves making weight.

nutrition during competition

- Find out what food and drinks will be available on competition day and familiarise yourself with these in training, or take your own food and fluids.
- In high intensity and long duration events such as tournaments, plan to consume carbohydrate and fluid at regular intervals (every 20 minutes if practical) throughout the event.
- Sports drinks provide an excellent source of both carbohydrate and fluid when drunk regularly throughout an event.



post-competition nutrition

The main goals of post-competition nutrition are:

- To replace fluids and electrolytes (salts).
- To replenish depleted energy stores.
- To provide nutrients to help repair muscle damage.

Practical suggestions:

1. Water is a good option if training under an hour at low intensity.
2. Avoid drinks containing caffeine and alcohol after competing – these encourage dehydration and can delay recovery from injuries.
3. Include some protein in the recovery meal to help replenish muscle glycogen stores. See recipes page 14.
4. Carbohydrates can be consumed as solids, fluids or both. Moderate to high GI carbohydrates are ideal.
5. Sports drinks and salty foods can replace salt lost from sweating. A sports drink with 4-8% (4-8g/100ml) carbohydrate and 500-700mg/L sodium is generally recommended. Drinks with high levels of carbohydrate (8-10%) can increase dehydration as they reduce fluid absorption. See nutritional panel below.

NOTE: Fruit juices and cordials can be diluted if consuming before and during exercise but do not contain any sodium to replace losses caused by sweating.

Below is an example of a nutritional panel you may see on a sports drink. **NOTE:** Look at the 'per 100ml' column. 8g of carbohydrate is equivalent to 8%. 46mg of sodium is equivalent to 460mg per litre.

| NUTRITIONAL INFORMATION | | |
|-----------------------------|-------------------|------------------|
| Serving Size: 500ml | | |
| NUTRIENT | QUANTITY | |
| | PER SERVING | PER 100 ML |
| ENERGY | 668 kJ (160 kcal) | 133 kJ (32 kcal) |
| CARBOHYDRATE - TOTAL | 40g | 8g |
| - SUGARS | 30g | 6g |
| PROTEIN | 0g | 0g |
| FAT - TOTAL | 0g | 0g |
| - SATURATED | 0g | 0g |
| SODIUM | 230mg | 46mg |
| POTASSIUM | 95mg | 19mg |

iron-rich recipes

Lamb Pitas with Tomato, Yoghurt & Chilli Sauce

Ingredients - Serves 4

500g lean lamb leg steaks
 Olive oil, salt & pepper
 A little ground cumin or
 coriander for seasoning
 8 small pita pockets
 1 cup hummus
 2 cups prepared coleslaw
 1/4 cup chopped mint

Tomato, Yoghurt & Chilli Sauce

1/4 cup tomato puree
 1/4 cup plain unsweetened yoghurt
 1/4 cup sour cream
 1/2 -1 tsp minced chilli (optional)



Method

1. Slice the lamb thinly. Season well with oil, salt, pepper and a little ground cumin or coriander.
2. In a bowl, combine all the Tomato, Yoghurt & Chilli Sauce ingredients.
3. Heat a BBQ until very hot, then sear the lamb over a high heat, stirring until cooked through. Alternatively, cook under a hot grill. Set aside.
4. Spread a generous amount of hummus inside the pita pockets. Fill with coleslaw, sliced lamb, mint and a spoonful of the Tomato, Yoghurt & Chilli Sauce. Serve warm.

Tuscan Beef and Pasta

Ingredients - Serves 6

500g lean minced beef
 4 Tbsp olive oil
 1 onion, finely diced
 2 cloves garlic, peeled and crushed
 1 tsp each allspice, cinnamon,
 whole cloves, paprika
 2-3 fresh or dried bay leaves

130g tomato paste
 1 x 500g jar pasta sauce
 1 Tbsp dried beef stock
 150g bacon, cooked and diced
 Dash Worcestershire sauce
 Fresh pasta such as fettucine
 or spaghetti



Method

1. Heat the oil in a frying pan and brown the onion, garlic, beef and spices over a high heat.
2. Add the remaining ingredients, stirring well. Reduce heat and gently simmer, uncovered for 30 minutes, stirring occasionally.
3. Serve spooned over fresh pasta, sprinkled with grated parmesan cheese (optional).

Lamb Chops with Marjoram, Apples & Golden Syrup

Ingredients - Serves 5-6

8 lamb shoulder chops, well trimmed
 Olive oil for cooking
 2 onions, peeled and quartered
 1 leek, trimmed and sliced thickly
 2 apples, cored and sliced thickly

2 carrots, peeled and sliced
 2-3 Tbsp chopped fresh marjoram or oregano (or 1 Tbsp dried)
 2 cups vegetable stock
 2 Tbsp cornflour
 1 Tbsp golden or maple syrup

Method

1. Brown the chops well in a dash of oil in a frying pan, then transfer to a casserole.
2. Add a dash more oil and brown the onions, leek and apple slices. Scatter over the lamb chops with the carrots, marjoram or oregano. Season well with salt and pepper and pour the stock over.
3. Cover and cook at 160°C for 1¼ - 1½ hours or until the lamb chops and vegetables are tender.
4. Carefully pour the cooking juices into a saucepan. Mix the cornflour with enough water to make a smooth paste and stir into the juices. Cook, stirring over a moderate heat until thickened. Add the golden or maple syrup and season. Pour over the chops and mix through. Serve with plenty of mashed potatoes.



Beef Stir-fry with Black Bean Sauce

Ingredients - Serves 4

500g lean beef rump
2 Tbsp dark soy sauce
Olive oil for cooking
1 onion, peeled and sliced
3 stalks celery, thinly sliced
2 tsp minced garlic
150g mushrooms, sliced
100g snowpeas, finely sliced
1-2 Tbsp black bean & garlic sauce

Method

1. Cut the beef across the grain into thin strips. Mix with 1 Tbsp dark soy sauce and season with pepper. Cover and set aside 5-10 minutes.
2. Heat a dash of oil in a large wok or frying pan. Over a high heat, stir-fry the beef in two or three batches until just browned. Remove the beef as it browns. Do not overcook.
3. Reduce the heat, stir-fry the onion for a few minutes then add the celery, garlic, mushrooms, snowpeas and beef with the remaining soy sauce and the black bean & garlic sauce. Toss well until hot. Serve immediately with rice or noodles.



Tandoori Burgers with Chilli Salsa

Ingredients - Serves 4-5

600g lean beef or lamb mince
Olive oil for cooking
1 onion, peeled and finely chopped
3 Tbsp tandoori paste
1/2 cup fresh white breadcrumbs
3 Tbsp natural unsweetened yoghurt
2 Tbsp freshly chopped coriander

Chilli Salsa

1/2 small red onion, peeled and finely chopped
1 red chilli, deseeded & finely chopped
1 Tbsp freshly chopped coriander



Method

1. Pan-fry the onion in a dash of oil until tender. Add the tandoori paste and cook, stirring for 1-2 minutes. Cool.
2. In a bowl, mix together the cooked onion mixture, mince, breadcrumbs, yoghurt and coriander with a seasoning of salt and pepper. With wet hands, mould into 4-5 even-sized patties.
3. Cook over a moderate heat on a greased BBQ, or in a frying pan or under a grill for 5-7 minutes each side until cooked.
4. For the salsa, mix together the red onion, chilli and coriander. Serve the burgers on warm naan bread with slices of mango and cucumber, and a little chilli salsa.

Spicy Beef Kebabs

Ingredients - Serves 4

600g trimmed beef rump steak

Marinade

- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp each paprika and garlic powder
- 2 tsp wine vinegar
- 2 Tbsp dark soy sauce
- 4 Tbsp oil

Method

1. Cut the beef rump into generous cubes. Mix all the marinade ingredients in a bowl and add the beef. Toss to coat evenly. Cover and refrigerate for 4 hours if possible.
2. Thread cubes onto metal skewers, packing cubes close together, and season well with salt and pepper. (If using bamboo skewers, soak them in cold water for 30 minutes before threading the meat on.)
3. Grill under a high heat (or on a BBQ) for 8-10 minutes, turning to brown all sides. Brush with any remaining marinade during cooking.



information



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