



meals made easy

with the versatility of **Welsh Beef** mince

Find out why the EU has awarded Welsh Beef
the PGI mark of quality at eatwelshbeef.com





Protected Geographical Indication (PGI)

The lush green pastures in Wales provide the ideal habitat for cattle, producing tender meat with bags of flavour.

Welsh Beef's distinctive quality has been recognised by the European Union (EU) as having unique regional characteristics and has been awarded the coveted status of Protected Geographical Indication (PGI).

PGI designation was developed by the EC to encourage diverse agricultural production; protect product names from misuse and imitation; and to help consumers by giving them information concerning the specific character of the products.

PGI establishes a link between the quality, traditions and environment of an area and, in the case of Welsh Beef, this means you can be assured that only cattle born and reared in Wales – which are fully traceable and have been processed in approved abattoirs – can be sold as Welsh.

With inspections at every stage of the supply chain, Welsh Beef's quality standards, food safety and traceability are first class – producing some of the best and tastiest beef money can buy.



Welsh Chilli Beef

Serves
3-4

Cooking time
Approx 25-30 minutes

WHEN YOU BUY **WELSH BEEF**
YOU KNOW THAT THE INTEGRITY
WITH WHICH THE MEAT IS SOURCED IS
BEYOND QUESTION AND ITS QUALITY
IS OUTSTANDING

QUICK • EASY • VERSATILE

For more information about Welsh Beef, visit eatwelshbeef.com

Ingredients

450g (1lb) lean Welsh beef mince
1 red onion, cut into chunks
2 gloves garlic, crushed
2 red chillies, whole
1 red pepper, deseeded and cut into chunks
10ml (2tsp) chilli powder
400g (approx) can chopped tomatoes
400g (approx) can kidney beans, drained
30ml (2tbsp) tomato ketchup

Method

In a non-stick pan dry fry the mince, onion and garlic until browned. Add all remaining ingredients, bring to the boil and simmer with a lid for 15-20 minutes.

Service with mixed rice e.g. Basmati and wild rice.



Lasagne

Serves
4 portions

Cooking time
Approx 40 minutes

Temperature
Gas Mark 4 180°C, 350°F

Ingredients

450g (1lb) lean Welsh beef mince
1 onion, chopped
1 clove garlic, crushed
500ml (¾pt) passata or creamed tomatoes
1 stock cube
5ml (1tsp) dried mixed herbs
8-10 sheets lasagne pasta, cooked
1 egg, medium
150g (5oz) low-fat natural yogurt
150ml (¼pt) semi-skimmed milk
50g (2oz) cheese, grated

Method

Dry fry mince beef, onion and garlic until browned. Add passata, crumbled stock cube and herbs, season and simmer for 10 minutes. Layer into ovenproof dish, meat first, top with sheets of cooked lasagne pasta finishing with a layer of pasta.

Whisk egg, yogurt and milk together, stir in half of the cheese. Spoon over meat to cover it completely. Sprinkle with remaining cheese. Bake for 25-30 minutes in a preheated oven until golden.

Serve with crusty bread and side salad.



Spanish Style Welsh Beef Tortilla

Serves
2-3

Cooking time
Approx 10 minutes

Ingredients

225g (8oz) lean Welsh beef mince
1 red onion, thinly sliced
5ml (1tsp) smoked sweet paprika
Black pepper
2 garlic cloves, squashed
6 eggs, medium sized
15ml (1tbsp) fresh parsley, chopped
6 green olives, pitted and sliced
6 cherry tomatoes
50g (2oz) char grilled peppers from jar
225g (8oz) cooked new potatoes, drained and thickly sliced
50g (2oz) frozen peas
50g (2oz) Manchego or grated cheese, thinly sliced
Pickled chillies, for optional garnish

Method

Dry fry in a non-stick frying pan the beef mince and onion until browned, add smoked paprika, black pepper and garlic cloves. Cook for 1-2 minutes.

Meanwhile beat together eggs with fresh parsley.

Add to the pan green olives, cherry tomatoes, peppers, cooked potatoes and peas. Pour over the eggs, place on top the cheese and cook for 2-3 minutes until just set.

Finish cooking under a preheated grill until the eggs and cheese are cooked, brown and crispy. Garnish with pickled chillies.

Serve the tortilla sliced into thick wedges with mixed leaf salad.



Beef Chilli Tacos

Serves
4

Cooking time
Approx 15 minutes

Ingredients

450g (1lb) lean Welsh beef mince
2 cloves garlic, crushed
1 onion, finely sliced
400g (approx) can tomatoes
400g (approx) can red kidney beans, unsalted and unsweetened, drained
150ml (1/4pt) stock
10ml (2tsp) chilli powder
1 red pepper, deseeded and cut into small cubes
1 green pepper, deseeded and cut into small cubes
Corn tortillas
1/2 iceberg lettuce, shredded
Guacamole

Method

Place lean beef mince in a large non-stick wok or saucepan and dry fry for 4-6 minutes until browned. Add garlic and onion, and cook for a few minutes more. Add tomatoes, beans, stock, seasoning, chilli and peppers. Simmer for a further 8-10 minutes.

Warm tortillas in the oven. Top tortillas with shredded lettuce and add beef mince mixture. Fold up into cones, top with a dollop of guacamole.



Italian Style Beef Bolognese Shells

Serves
4

Cooking time
Approx 30 minutes

Ingredients

450g (1lb) lean Welsh beef mince
2 cloves garlic, crushed
1 onion, finely chopped
1 carrot, finely chopped
300ml (1/2pt) passata
150ml (1/4pt) red wine
227g can chopped tomatoes
30ml (2tbsp) tomato or sundried tomato purée
8 sundried tomatoes, chopped
10 pitted black olives, halved
10ml (2tsp) sugar
Large pasta shells for stuffing
Ready made cheese sauce
Freshly grated Parmesan cheese
Fresh basil for garnish

Method

In a large non-stick saucepan, dry fry the mince, garlic and onion until browned. Add the carrot and cook for 1-2 minutes. Add remaining ingredients, bring to the boil and simmer for approximately 25 minutes until the carrot is cooked.

Cook large pasta shells in accordance with pack instructions and drain.

Serve stuffed into large cooked pasta shells, spoon over warmed cheese sauce, scatter with grated Parmesan and roughly torn basil.

Serve with tomato salad and crusty bread.



Oriental Welsh Beef Mince Pancakes

Serves
3-4

Cooking time
Approx 10 minutes

Ingredients

450g (1lb) lean Welsh beef mince
1 garlic clove, crushed
1 carrot, cut into thin sticks
1 red pepper, seeded and sliced
4 spring onions, chopped
150g (5oz) fresh bean sprouts or peanut shoots
45ml (3tbsp) Hoi-sin sauce
15ml (1tbsp) low salt soy sauce
Pak choi or spinach leaves
Chinese pancakes or wraps

Method

In a large non-stick wok or saucepan dry fry the mince until it changes colour, about 4-6 minutes. Add the garlic, carrot and peppers, and cook for 1-2 minutes. Add the remaining ingredients and cook for a further minute.

Place Chinese pancake or wrap on a board, place a layer of Pak choi or spinach leaves and spoon over mixture. Roll up and serve.



Baked Beef Meatballs with roasted vegetables and creamy salsa

Serves
3-4

Cooking time
Approx 40 minutes

Temperature
Gas Mark 4-5, 180°C, 350°F

Ingredients

For the Meatballs:

450g (1lb) lean minced beef
15ml (1tbsp) tomato purée
15ml (1tbsp) mustard
5ml (1tsp) Worcestershire sauce
15ml (1tbsp) olive oil
Black pepper
1 red onion, peeled and cut into wedges
1 red pepper, deseeded and cut into wedges
6 large mushrooms

For the Salsa:

200g (8oz) cherry tomatoes, halved
2 spring onions, chopped
1 fresh red chilli, deseeded and thinly sliced
30ml (2tbsp) fresh coriander, chopped
45ml (3tbsp) crème fraîche

Method

For the Meatballs – Mix all the ingredients together and shape into 12-15 meatballs. Place on a large non-stick oven tray, drizzle with oil, and bake in oven for 20-30 minutes with vegetables.

For the Salsa – Mix all ingredients together.

Serve the meatballs with roasted vegetables, spaghetti and creamy tomato salsa.



Welsh Beef Cannelloni

Serves
4

Cooking time
Approx 40 minutes

Temperature
Gas Mark 4, 180°C, 350°F

Ingredients

450g (1lb) lean Welsh beef mince
2 cloves garlic, crushed
1 onion, finely chopped
100g (4oz) mushrooms, sliced
1 courgette, thinly sliced
400g (approx) can chopped tomatoes
30ml (2tbsp) tomato purée
30ml (2tbsp) tomato ketchup
Cannelloni tubes, fresh or dried or large pasta tubes (or lasagne sheets), precooked if dried
350g tub fresh cheese sauce
25g (1oz) Mozzarella cheese, grated

Method

In a large non-stick pan, dry fry and brown beef mince with garlic and onion. Add mushrooms, courgette, tomatoes, purée and ketchup, and simmer for 1-2 minutes.

Spoon slightly cooled mixture into pasta tubes and lay in a deep ovenproof dish (place any extra mixture around the dish or serve separately). Spoon cheese sauce over the tubes and then sprinkle with cheese and bake for about 40 minutes until cheese is melted and golden.

Serve with bread sticks and a tomato basil salad.



Welsh Beef Rissoles with tangy tomato BBQ sauce

Makes
Approx 15

Cooking time
Approx 12 minutes

Ingredients

450g (1lb) lean Welsh beef mince
30ml (2tbsp) tomato ketchup
15ml (1tbsp) capers, chopped
15ml (1tbsp) mustard
Seasoning

Tangy Tomato BBQ Sauce:

1 clove garlic, crushed
75ml (5tbsp) tomato ketchup
15ml (1tbsp) Worcestershire sauce
5ml (1tsp) mustard
1 tomato, finely chopped

Make Tangy Tomato BBQ Sauce:

Put all ingredients in a pan together, bring to the boil and serve.

Method

Place all ingredients together in a large bowl. Thoroughly mix together and shape into small sausage shapes. Place on grill pan and cook under preheated grill or barbecue for approx 12 minutes until thoroughly cooked.

Serve with tangy tomato BBQ sauce and toasted pitta wedges.



Welsh Beef Chilli Burger

Serves
4-6

Cooking time
Approx 8-12 minutes

Ingredients

450g (1lb) lean Welsh beef mince
30ml (2tbsp) tomato ketchup
15ml (1tbsp) sweet chilli sauce
Salt and Pepper

Method

Place the ingredients for burger into a large bowl and mix thoroughly. Season with salt and pepper. Divide the mixture into 4 or 6 and shape into burgers.

Place on a hot preheated barbecue or under a preheated grill for 8-12 minutes, until cooked thoroughly.

Serve on toasted ciabatta bread with spicy bean salad of red kidney beans, red and orange peppers, spring onions and serve with a tomato dressing.



Beef Burgers with plum and sweet chilli

Serves
Makes 4-6 burgers

Cooking time
Approx 8-12 minutes

Ingredients

450g (1lb) lean Welsh beef mince
10ml (2tsp) plum sauce
10ml (2tsp) sweet chilli sauce

Method

Place the ingredients for burger into a large bowl and mix thoroughly. Divide the mixture into 4 or 6 and shape into burgers. Place under a preheated grill for 8-12 minutes, turning occasionally until cooked thoroughly.

Serve on toasted naan breads with a Chinese style salad including cucumber and spring onion strips, and a dollop of mayo mixed with fresh coriander.



Welsh Beef Cheese Burger

Serves
4

Cooking time
Approx 15 minutes

Ingredients

450g (1lb) lean Welsh beef mince
½ red onion, finely chopped
15ml (1tbsp) hot mustard
15ml (1tbsp) brown ketchup/sauce
50g (2oz) mushrooms, sliced
1 garlic clove, crushed
Small knob butter
Burger buns or rolls
15ml (1tbsp) mustard
50g (2oz) cheese, grated
½ red onion, finely sliced

Method

In a bowl mix together lean beef mince with mustard and ketchup. Season with pepper, mix well and shape into 4 burgers.

Cook under a preheated grill or on a hot barbecue for about 12 minutes until cooked thoroughly.

Place mushrooms, garlic and a knob of butter in a saucepan and lightly sauté together.

Spread the bun with a little butter & mustard and sprinkle with grated cheese and onion slices - lightly toast under the grill.

Top toasted bun with burger and serve with extra mustard and a large crisp salad.