

RIBEYE  
STEAK



CHICKEN  
BREASTS

# BLACK GARLIC MARINADE, 4 WAYS



LAMB  
STIR FRY



RED ONION  
BURGER



*a Masterclass in Meat...*

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## BLACK GARLIC RIBEYE STEAK

### COOKING INSTRUCTIONS:

Flash griddled for a couple of minutes each side.

Serve with sautéed mixed mushrooms such as Chanterelle and Chestnut and wild rice.

## CRACKED BLACK PEPPER & RED ONION BURGER

### COOKING INSTRUCTIONS:

Barbecue or grill then serve in a sourdough bun with a crisp mixed salad.

## QUICK & TASTY! LAMB STIR FRY

### COOKING INSTRUCTIONS:

Stir fry in a wok on high heat for 5 minutes until lamb is cooked through and vegetables have softened but still crisp.

## BLACK GARLIC CHICKEN BREASTS

### COOKING INSTRUCTIONS:

Oven cook in foil, open up the foil during the last five minutes of cooking to release the steam.

Serve with garlic and chive crushed new potatoes and a colourful summer salad.

For more great recipe ideas from the Q Guild visit [www.qguild.co.uk/recipes](http://www.qguild.co.uk/recipes)

### About the Q Guild

We represent the highest quality butchers and independent meat retailers in the UK. Our 120 members from Inverness to Cornwall, serve £5 million worth of outstanding meat and related products to over a quarter of a million discerning UK consumers every week. Our quality butchers are award winning, leading experts in their field. Quality, passion and craft skills run through their veins. The Q Guild brand is a seal of excellence.

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