

98% FAT
FREE

HIGH IN
IRON

HIGH IN
PROTEIN

GLUTEN
FREE

SUSTAINABLE • OPEN RANGE

KANGAROO

PACKS A NUTRITIOUS
PUNCH!



ESTD 1987

GOURMET GAME
MACRO  MEATS™

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WHY IS EVERYONE RAVING ABOUT KANGAROO MEAT?

The reason is simple. Kangaroo meat is a shining star in the red meat department. The taste, texture and versatility of this lean meat is second to none. And when it comes to nutrition, kangaroo jumps rings around many other meats.



Vitamins ▼

As you tuck into that kangaroo meal, think 'vitamin B', because kangaroo is a good source of Vitamin B12, Vitamin B6, niacin, riboflavin and thiamin – all important B-group vitamins.

Minerals ▼

The deep red colour of kangaroo meat shows it's a title holder in the iron department. And there's plenty of zinc to brag about too.

Tick of Approval ▼

The National Heart Foundation 'Tick' has been granted to a large range of Macro Meat's Gourmet Game kangaroo meat products. Your ticker will love you for that!

Open Range ▼

Kangaroos are open range animals and harvested in their own environment. So what you get is a clean meat that's free from antibiotics, added growth hormones and added chemicals.

Omega-3 ▼

Fish isn't the only source of omega-3s. Kangaroo meat is also a source of heart-friendly omega-3's.

Energy ▼

Kangaroos are active and graze on natural foliage. This produces a lean, high-quality game meat, with a kilojoule content that compares favourably to other lean meats.

Protein ▼

The Aussie kangaroo is a lean, mean, fighting machine. These qualities deliver a meat with a terrific source of high-quality protein.

CLA ▼

Kangaroo meat naturally contains Conjugated Linoleic Acid (CLA). With many positive reports pouring out about CLA, it's yet another reason to eat up and enjoy kangaroo.

Fat ▼

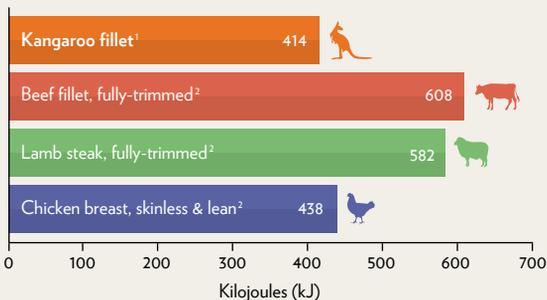
With less than 2% fat, kangaroo meat is a champion lean meat. What's more, it's low in 'undesirable' saturated fats and trans fats.



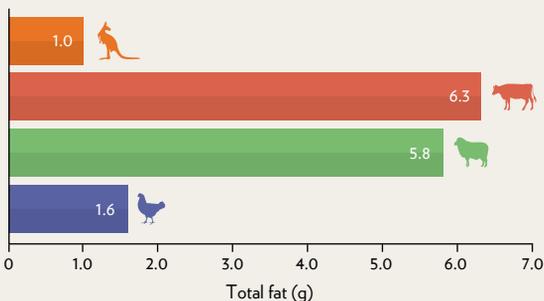
HOW DOES ROO STACK UP AGAINST OTHER MEATS?

When it comes to the kilojoule and fat content of different lean meats, kangaroo meat comes up trumps. Cast your eyes on these impressive nutrition facts:

Kilojoules per 100g raw meat ▼



Total Fat per 100g raw meat ▼

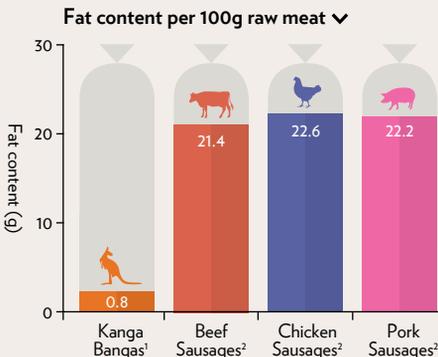


Saturated Fat per 100g raw meat ▼



WHAT ABOUT OUR KANGA BANGAS?

Kangaroo sausages win hands down in the fat department compared to other meat sausages. Making the switch is a nutrition smart move for the whole family.



Source:

¹ South Australian Analytical Laboratory (SAALS), Nutrition Analysis Performed March 2014.
² NUTTAB 2010 Online Searchable Database (accessed September 2014)
 Information correct as of September, 2014. Consult your Macro Meats packaging for up-to-date details on nutrition content. Macro Meats reserves the right, without notice or obligation, to discontinue or make changes to product specifications and ingredients.

KANGAROO - A NUTRITIOUS MEAT FOR ALL AGES

Thanks to its impressive nutrition credentials, kangaroo meat is included in the Australian Dietary Guidelines and recommended as a meat to enjoy as part of a healthy, balanced diet.



Roo for Infants ▼

Infants are ready to start eating solid foods at around six months. The Infant Feeding Guidelines recommend introducing iron-rich foods first, like iron-enriched infant cereals, pureed meat and poultry dishes. Kangaroo meat boasts plenty of iron, so it's a super first food to introduce.

Roo for Kids ▼

Kangaroo meat ticks many boxes for growing bodies and active minds. A 130g serving of cooked kangaroo fillet provides kids aged 9-12 years with 100% of their daily protein needs. Then there's the awesome dose of iron, zinc and B-group vitamins that kids get out of a tasty kangaroo meal.

References:

1. National Health and Medical Research Council. (a) Australian Dietary Guidelines – Summary, 2013; (b) Infant Feeding Guidelines – Summary, 2013; (c) Nutrient Reference Values for Australia and New Zealand, 2006.
2. Food Standards Australia New Zealand (FSANZ). Australia New Zealand Food Standards Code – Standard 1.2.8 - Reference values for 'Percentage Daily Intakes' (Accessed September, 2014).

Roo for Teens ▼

In the transition from child to adult, iron requirements jump a mountain in teenage girls and zinc leaps a tall building in teenage boys. Having low iron stores can trigger fatigue and tiredness, which diminishes the ability to concentrate and solve problems at school. Having low zinc levels weakens the immune system. Regularly eating kangaroo meat is an easy way for teens to keep on top of their iron and zinc intakes.



Roo for Adults ▼

Protein is a satiating nutrient, which means it helps to fill you up and keep you feeling satisfied after eating. What's more, protein helps to build muscle, which makes it a welcome addition to any strength training regimen. A 150g serving of cooked kangaroo fillet provides an average adult with 92% of his or her daily protein needs. It's all the more reason to eat up and enjoy!



I'M KEEN TO TRY IT, BUT HOW DO I COOK IT?

The extra lean nature of kangaroo meat means it's best to serve kangaroo fillet and steak medium-rare. This will keep the meat tender and juicy.

Top tips for cooking the perfect kangaroo fillet or steak ▼

Marinate For best results, marinate kangaroo in olive oil (and other condiments, like garlic or cracked pepper) for at least 1 hour prior to cooking. Remove from the fridge around 20 minutes before cooking, so the meat isn't too cold when it hits the pan.

Cook Cook in a hot pan or BBQ (on high heat) for around 4 minutes each side, for a medium-rare finish.

Rest Once cooked, transfer to a plate, cover with foil and allow to rest for 5-10 minutes before slicing. This vital step is the secret to cooking perfect kangaroo!

Note *Cooking times may vary depending on size and thickness of cut.*

For tips on cooking kangaroo mince, burgers, sausages, kebabs, mini-roasts and more, go to the handy 'Cooking Guide' on our website (located in the drop down tab beneath 'Recipes').



DID YOU KNOW?

There is no farming of kangaroos in Australia. Using best practice harvesting procedures, kangaroos are sourced from their own natural environment.

DID YOU KNOW?

The type of iron found in red meat, like kangaroo meat, is better absorbed by our body than the type of iron found in plant foods. That's the reason why we should eat red meat 3-4 times a week.

DID YOU KNOW?

Kangaroo meat is a Vitamin B12 hero. A 150g serving of kangaroo fillet (pre-cooked) provides 100% of your daily vitamin B12 needs. This clever vitamin helps to produce red blood cells and it works to maintain good operations of our nervous system and immune system.

DID YOU KNOW?

The entire range of Macro Meats Gourmet Game kangaroo products contain less than 1g saturated per 100g. So you can rest easy knowing our kangaroo meats not only taste great, but they're heart friendly too.



PREP 10m
COOK 10m



FEEDS
6 PEOPLE

PERFECT
FOR LUNCH

KANGAROO SAN CHOY BAU



WHAT YOU'LL NEED

500g Gourmet Game Kangaroo mince
1 red onion, finely diced
3 cloves fresh garlic, crushed
1/3 cup fresh ginger, shredded
1 bunch coriander, roughly chopped. Separate half for garnish
1 bunch purple basil (Thai basil), leaves picked
4 Tbsp dark soy sauce
1 Tbsp olive oil
1 lime, juiced
Iceberg lettuce, trimmed into cups
Fresh chilli for garnish

HOW TO COOK

Place a large wok on high heat. Add olive oil, onion, garlic and ginger and sauté for 2 minutes, or until coloured. Add Kangaroo mince and cook until it browns and breaks apart. Add the soy sauce and lime juice and mix in well. As the kangaroo is cooked, take off the heat and toss through fresh herbs.

To serve, fill lettuce cups with kangaroo mince mixture. Garnish with coriander and chilli.

PER SERVE

610kJ (145 cal)	19.2g protein	5.1g total fat	1.2g sat. fat	5.1g carbs.	665mg sodium	4.1mg iron
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PREP 15m
COOK 15m



FEEDS
4 PEOPLE

PERFECT
FOR DINNER

WARM KANGAROO AND POTATO SALAD



WHAT YOU'LL NEED

400g Gourmet Game Kangaroo fillet
3 garlic cloves, crushed
2 Tbsp olive oil
2 Tbsp red wine vinegar
Baby cos leaves, to serve

Potato Salad

1kg new potatoes
1/3 cup (80ml) extra virgin olive oil
1/3 cup (80ml) lemon juice
1/3 cup (65g) baby capers
1 garlic clove, crushed
100g rindless bacon, chopped
2 Tbsp chives, snipped

HOW TO COOK

Combine garlic, oil and red wine vinegar in a shallow dish. Add kangaroo fillets and toss to coat. Cover & refrigerate for 1-2 hours.

To prepare potato salad, cook potatoes in a large saucepan of boiling, salted water for 10 minutes, until just tender. Drain.

When cool enough to handle, peel and slice thickly. Add hot potatoes to combined oil, lemon juice, capers and garlic. Gently toss to coat. Cook bacon in a non-stick frying pan on high heat for 3 minutes, until crisp. Add to potatoes with chives and toss.

Cook kangaroo on a chargrill or barbecue on high heat. Sear for 4 minutes on each side for a medium rare finish. Remove from heat, cover with foil and rest for 5 minutes. Slice and serve with warm potato salad and baby cos leaves.

PER SERVE

2380kJ (570 cal)	33.0g protein	32.0g total fat	6.0g sat. fat	35.0g carbs.	505mg sodium	4.4mg iron
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CRAVING MORE INFORMATION?

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You will find Gourmet Game kangaroo meat products in the meat section of your local Coles, Woolworths and independent supermarket.



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