

Making a healthier meal using mutton flaps



Trim all visible fat ▲



Throw fat away ▲

Prepare vegetables and trimmed flaps ▶



Boil meat until tender. Add lots of coloured vegetables and boil until cooked ▶



Skim off fat from surface of liquid and throw away

Serve with staple foods, such as taro or green banana ▶



Pacific Islands
Heartbeat
Programme

