

Making a healthier meal using Povi/Pulu Masima & Brisket



1



2



3

Cut off the visible fat ▲

Boil meat until cooked, ▲
changing the water two or
three times during cooking



4



5

Serve with lots of coloured vegetables,
taro or green banana

Alternatively, use the leaner cut of corned silverside
shown below



2



3

Boil the meat until cooked. Serve with lots of coloured
vegetables and taro, potato or green banana



Pacific Islands
Heartbeat
Programme

