

# MAKING A HEALTHIER MEAL USING CORNED BEEF



1 Warm corned beef in the microwave for 1 minute.



2 Or put can in bowl of hot water.



3 Drain off the fat and throw away.



4 Add plenty of vegetables to drained corned beef.



5 Heat until cooked through.



6 Serve with staple food such as rice, taro or green banana.

**BEEF + LAMB**  
NEW ZEALAND

  
**Heart  
Foundation**

 **Pacific  
Heartbeat**

 **SPC**  
Secretariat  
of the Pacific  
Community

**Auckland Regional Public Health Service**  
Rātonga Hauora ā Iwi o Tamaki Makaurau  
 **Waitemata**  
District Health Board  
Best Care for Everyone  
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Working with the people of Auckland, Waitemata and Counties Manukau

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Pacific Islands Food & Nutrition Action Group