MAKING A HEALTHIER MEAL USING MUTTON FLAPS

1. Cut off all visible fat.
2. Throw the fat away.
3. Prepare all vegetables and chop trimmed flaps.
4. Boil meat until tender. Add lots of coloured vegetables and boil until cooked.
5. Skim the fat from surface of liquid and throw away.
6. Serve with staple food such as taro or green banana.