

Food skills

Mutton flaps

Mutton flaps are a favourite with many Pacific families, but they contain a lot of unhealthy fat (saturated) that can damage our hearts. The good news is that with a little preparation, they can be cooked into a delicious heart-healthy meal the whole family will enjoy.

How to prepare mutton flaps



1 Place mutton flap on a meat cutting board.



2 Using a sharp knife, cut off any visible, white fat.



3 Throw away fat into the bin.



4 Cut meat into pieces.



Cook with



Stew



Stir fry



Soup



Curried mutton flaps (serves 6)

Ingredients

1 kg prepared **mutton flaps**

1 **tbsp oil**

1 **onion**, chopped

2 **carrots**, chopped

3 **cloves garlic**, chopped

1 **potato**, chopped

2 **tbsp curry powder**

1 **can crushed tomatoes**

3 **cups water**

4 **cups shredded silverbeet**

If you don't have garlic, you can swap for crushed jar varieties.

Method



Heat oil in large pot, add onion and carrot and soften. Add meat (as shown on previous page), garlic, potato and curry powder. Cook until the vegetables have softened.



Add tomatoes and water and continue to cook slowly for about 30 minutes.



Skim fat from the top of the curry and throw away.



Add silverbeet and soften.

Serving suggestion: serve with brown rice, green banana or taro.

For more recipe ideas and cooking tips visit heartfoundation.org.nz/recipes