

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

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