



Healthy boil-up

Try this healthy version of an old favourite!



Time to prepare: 10 minutes



Time to cook: 120 minutes



Serves 8

Ingredients

- 1 kilogram brisket, diced
- 1 big bunch pūhā
- 1 big bunch watercress
- 6 small kumara, scrubbed and chopped
- 3 onions, chopped
- pinch of salt and pepper

Method

1. Trim the fat off the meat. Put into a pot and cover with water. Bring to the boil.
2. Halfway through boiling the meat (after about an hour), pour out the fatty water. Refill the pot with water, bring to the boil and continue to simmer the meat.
3. Add the vegetables, onion and seasoning and bring to the boil. Lower the heat and simmer until the vegetables are cooked.
4. Serve immediately. Cool leftovers quickly – place in smaller containers, cool, cover and refrigerate as soon as possible. Reheat in meal amounts until piping hot.

Notes

Gather watercress from safe areas and wash well, or replace with silverbeet or spinach.

You might also like...



Pumpkin and kūmara soup

A tasty lunch or quick evening meal. This soup can also be made in the slow cooker.

[\(/eat/recipes/pumpkin-and-k%C5%ABmara-soup\)](/eat/recipes/pumpkin-and-k%C5%ABmara-soup)



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One-pot chicken and rice

An easy and cheap family meal in one pot! Any combination of fresh or frozen vegetables can be used in this recipe. [_ \(https://hpa.org.nz\)](https://hpa.org.nz)

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Kids eat veges if their parents do

Children learn a lot from what their parents eat and do. So if you eat and enjoy different vegetables every day, your children will too.