

KA OTI I TE
30 MENETI

**Te tīhi me te
makaroni a whati
whakatiki,**
me te Pīni hunuhunu

Nutrition Information

SERVES 2 Energy 2857 kJ | 683 kcal | Carbohydrates 47.7 g | Protein 20 g | Fat 44.8 g

SERVES 4 Energy 2839 kJ | 679 kcal | Carbohydrates 45.3 g | Protein 18.3 g | Fat 46.4 g

SERVES 6 Energy 3119 kJ | 745 kcal | Carbohydrates 56.5 g | Protein 19 g | Fat 48.6 g

Nutrition is an average, based on 1 serving. For accurate allergen information, refer to all product labels. Please check the expiry date on your items and freeze proteins and bakery items.



Please note that your recipe card ingredients will reflect any produce substitutions made, but the image may not.



NGĀ KAI WHAKAURU

4

Hei whāngai i te tokowhā



Te puananī

Kia 1 te puananī kua tapahia ki ngā pua
Kia 1 te māturu o te hinu
Kia 100 karamu o te kōkihi iti

Te makaroni me te tīhi

Kia 1 te puanīko kua tapahia ki ngā pua
Kia 90 karamu o te tīhi Colby kua kuorotia
Kia 375 karamu o te parāoa rimurapa piko

Kia 1 te māturu o te hinu

Kia 1 te pākete o te ranu namunamuā tūroa

Kia ½ te kokoiti o te tote

Kia 1 te kapu o te wai parāoa rimurapa kua pupuritia

Kia 250 karamu o te tīhi kirīmi

Kia 50 karamu o te tīhi Parmesan kua kuorotia

NGĀ TOHUTOHU

1. ME WHAKARITE

Whakamahanatia te umu ki te 230°C (ki te tunu hauhiko 210°C rānei). Koropupūhia tētahi kōhua wai kua totengia.

Tapatapahia ngā puananī me ngā puanīko ki ngā pua iti.

Kuorotia te tīhi Colby.

Me wehewehe katoatia, ka waiho ai ki te taha.

2. TUNUA

Whiwhiua ngā puananī me te hinu ki tētahi paepae kua ūhia.

Whakatāwaratia ki te tote me te pepa, ka tunu ai ki te umu mō ngā meneti 12, kia pakapaka rā anō.

Tangohia i te umu, ka whiwhiua ai me te kōkihi kia parohea rā anō.

3. TUNUA

I taua wā, tunua te puanīko me te parāoa rimurapa ki tētahi kōhua wai koropupū mō ngā meneti e 8, kia tata te tunua katoatia.

Pupuritia tētahi kapu o te wai parāoa rimurapa, ka putu ai i te toenga.

Pupuritia te kōhua.

Whiwhiua te parāoa rimurapa ki te hinu e kore ai e piri, ka waiho ai ki te taha.

Whakahokia te kōhua i puritia ki te tārahu e mahana ana me te hinu.

Hoatu te pākete ranu namunamuā tūroa ki te kōhua.

Tunua me tētahi paku wai mō ngā hēkona 30, kia kakara rā anō. Tangohia i te tārahu.

Tāpirihia te parāoa remurapa, te puanīko, te tote, te wai parāoa remurapa i puritia, te tīhi Colby, te tīhi kirīmi me te Parmesan.

Kaurorihia kia rewa rā anō te tīhi, ā, kua mahana katoa.

Hoatu anō ētahi wai mēnā e hiahiatia ana.

4. KAINGA

Tuaritia te paraoa remurapa piko me te tīhi ki ngā pereti me tētahi pune, ka hoatu i te puananī me te kōkihi ki runga.

E kai!