

KA OTI I TE
45 MENETI

He parāoa heihei Ītariana,

me te kīnaki tōmato kua tunua ki te ahi

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 heihei

Kia 600 karamu o te uma heihei tahawhenua

Kia 1 te pākete namunamuā Tuscan

Kia 1 te māturu o te hinu

Kia 30 karamu o te tīhi Parmesan kua kuorotia

Ngā parāoa

Kia 1 te pākete o ngā parāoa roroa

Hei tuari

Kia 2 ngā tōmato kua tapatapahia kia moroiti

Kia 2 ngā rētihi kua āhua tapatapahia

Kia 100 karamu o te kīnaki tōmato kua tunua ki te ahi

Kia 4 ngā kokonui o te kīnaki kōmā

NGĀ TOHUTOHU

1. TUNUA

Pakipakia te heihei kia maroke ai.

Tapatapahia hei motū mā te whakatau papatahi i tō ringa ki runga o te heihei, ka tapahi huapae ai.

Konanutia ki te kumete me ngā namumanuā Tuscan.

Whakatāwaratia ki te tote me te pepa.

Whakawerahia te hinu ki tētahi parai mahana-wera.

Tunua te heihei, tunua ā-rōpūtia mēnā e hiahiatia ana, mō ngā meneti e 3-5 ki ia taha (e ai ki te mātotoru), kia tunua katoatia ai rānei.

Tāuwhitia ki te tīhi Parmesan, ka tunu ai mō ngā hēkona 30, kia rewa ai. Me waiho, ka taupokina ai.

2. WHAKAWERATIA

I taua wā, whakawerahia ngā parāoa ki te ngaruiti mō te kotahi meneti i runga i ngā pereti pare-wera.

Tapahia huapaetia ki waenganui, ka waiho ai i tētahi kauhuri

3. TAPATAPAHIA

Tapatapahia ngā tōmato kia moroiti ai.

Kia āhua tapatapahia te rētihi.

4. KAINGA

Tapatapahia te heihei kia iti i mua i tō tuari.

Whakaritea ō paraoa roroa me te kīnaki tōmato kua tunua ki te ahi, me te kīnaki kōmā, me te rētihi me ngā tōmato.

He huawhenua anō? Tuaritia ērā ki te taha.

Kia pai rā te kai!