

**KA OTI I TE
45 MENETI**

**Ngā pōro mītikau me te
tīhi,
me te riki Wīwī
me ngā huawhenua**

Nutrition Information

SERVES 2 Energy 3272 kJ | 782 kcal | Carbohydrates 53.1 g | Protein 52.8 g | Fat 37.5 g

SERVES 4 Energy 3029 kJ | 724 kcal | Carbohydrates 49.5 g | Protein 48.1 g | Fat 35.3 g

SERVES 6 Energy 3005 kJ | 718 kcal | Carbohydrates 51.5 g | Protein 47.1 g | Fat 33.7 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 penupenu

Kia 800 karamu o te rīwai kua tapatapahia kia 2cm

Kia 1 te kāroti kua tapatapahia kia 2cm

Kia 4 ngā kokonui o te miraka

Kia 1 te kokonui o te pata[^]

Te riki

Kia 90 karamu o te tīhi Colby kua kuorotia

Kia 2 ngā riki parauri kua moroiti te tapatapahia

Kia 1 te māuru o te hinu[^]

Kia 2 ngā kokoiti o te huka parauri[^]

Kia 2 ngā kokonui o te puehu

parāoa[^]

Kia 1 te kapu o te waikōhua kikokau[^]

Kia ½ te kapu o te wai māori[^]

Pōro mīti

Kia 600 karamu o te mītinaku kau

Kia 1 te hēki[^]

Kia 2 ngā kokonui o te kīnaki tōmato[^]

Kia 1 te pākete o te ranunga amiami Wīwī

Kia 50 karamu o te kongakonga parāoa

Kia ½ te kokoiti o te tote[^]

Kia 1 te māuru o te hinu[^]

Ngā huawhenua

Kia 1 te puananī kua tapahia ki ngā pua, kua tapatapahia hoki te tātā

Kia 100 karamu o te kōkihi iti

NGĀ TOHUTOHU

1. PENUPENUHIA

Tapatapahia ngā rīwai me ngā kāroti kia 2 henemita ai.

Hoatu ki tētahi kōhua wai wera me tētahi kini tote.

Taupokina, ka koropupū ai.

Tangohia te taupoki, ka whakaiti i te wera ki te paemahana o waenganui.

Kia 20 meneti te roa o te tunu, kia ngaore ai rānei. Āta putua te wai ka whakahoki ai ki te kōhua me te miraka me te pata.

2. PARAIHIA

Kuorotia te tīhi, ka waiho ai ki te taha.

Tapahia moroititia te riki.

Whakaweratia te hinu ki te parai mahana-wera. Tunua te riki me te huka mō ngā meneti e 8-10 kia ngohengohe ai, kia karamera ai. Me whakawhiti te riki ki tētahi kumete, ka pupuri ai i te parai mō ngā mahi e whai ana.

3. PŌKAIA

I ngā riki e tunu ana, whakaranua ngā kai whakauru mītinaku katoa (hāunga te hinu).

Whakamahia tētahi ine kokonui me ngā ringa haumākū ki te ahua i te ranunga kia pōro ai te hanga.

Whakawerahia te hinu ki te parai i pupuritia rā kia mahana-wera. Tunua ngā pōro mīti, me tunu a rōpū mēnā e hiahiatia ana, ā, me auau hoki te huringia kia maoa ai.

Whakahokia katoatia ngā pōro mīti ki te parai me ngā riki, me te waikōhua kikokau me te wai māori. Kōrorihia, ka āta kōhua ai mō ngā meneti e 2, kia kukū ai te kīnaki.

Kua kukū rawa te kīnaki? Riringihia he paku wai! Ruiruia ki te tīhi, ka tunu ai kia rewā.

Whakatāwaratia ki te tote me te pepa.

4. KOROPUPŪHIA

Koropupūhia tētahi kōhua wai māori me te tote.

Tapatapahia ngā ngā puananī ki ngā pua, ka tapatapahi ai i te tātā. Hoatu te puananī ki te wai koropupū, ka tunu ai mō ngā meneti e 3, kia kākāriki ai, kia ngaore ai. Me putu te wai, ka whakahoki ai i te puananī ki te kōhua, ka konanutia me te kōkihi.

Whakatāwaratia ki te tote me te pepa.

5. KAINGA

Hoatu ngā pōro mīti e wairanu ana, me ngā riki, ki runga o te penupenu.

Tuarihia ngā huawhenua ki te taha.

Kainga!