



RECIPE

Māori

English

Te tāte kānga me te roroa kotawa **Corn and Courgette Tart**

INGREDIENTS

Māori

English

Kānga tio	Frozen corn
Kōkihi	Spinach
Mātete	Mustard
Pēhi aparau e pare-huarehe ana	Vegan flaky puff pastry
Roroa kotawa	Courgette
Tōmato	Tomato sauce
Wheta	Feta
Winika whakangako	Balsamic vinegar
Wōnati	Walnut

PHRASES

Māori

English

Tāpirihia ki te kumete	Add to the bowl
Tunua te tāte kia pakapaka ai	Bake the tart until puffed and golden
Tapahia ngā tōmato	Chop tomatoes
Tunua	Cook it
Tunua ngā roroa kotawa	Cook the courgettes
Ngāwharatia te wheta ki runga i te tate	Crumble the feta on the tart
Pōkaia ngā taha	Fold border of pastry
Kuorotia ngā roroa kotawa	Grate the courgettes
Kia wāte ngā taha	Leaving the borders free
Me whakarite	Prep it
Me kaha te pēhi	Press down firmly
Werohia ki te whāoka	Prick with a fork
Whakatāwaratia [ai] ki te tote me te pepa	Season with salt and pepper
Konanuhia	Toss it
Wheratia	Unroll
Wheratia te pēhi papatahi ki tētahi paeumu kua ūhia	Unroll sheet pastry onto a lined oven tray
Kōhiritia	Whisk it