

KA OTI I TE
30 MENETI

Te huamata heihei warowaihā iti me te waiū tepe harita

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 pītiki

Kia 1 te kēne pītiki kua putua te wai,
kua horoia hoki
Kia 1 te māturū o te hinu
Kia ½ o te pākete namunamuā nō te
Rāwhiti Waenga

Te heihei

Kia 2 ngā rōkara kāriki
Kia 600 karamu o te uma heihei
tahawhenua kua tapahia hei motū
Kia ½ o te pākete namunamuā nō te
Rāwhiti Waenga

Te huamata

Kia 1 te kūkama terekarāwhe kua
hauruatia, kua kōripihia kia kōrahirahi.
Kia 350 karamu o te kāpeti ngakungaku
Kia 100 karamu o te kōkihi
Kia 2 ngā kokonui o te harita
Kia 100 karamu o te waiū tepe

NGĀ TOHUTOHU

1. PARAIHIA

Putua te wai, ka horoi ai i ngā pītiki.
Whakawerangia te hinu ki te parai e mahana-wera ana.
Tunua ngā pītiki me te inenga namunamuā tuatahi nō te Rāwhiti Waenga
mō ngā meneti e 4-5 kia parauri ai.
Whakatāwaratia ki te tote me te pepa.
Ūkuia te parai kia mā, ka pupuri ai mō te mahi e whai ana.

2. TUNUA

Nakunakuhia te kāriki (mēnā e whakamahia ana).
Pakipakia te heihei kia maroke ai.
Tapahia kia motū ai mā te whakatau papatahi i tō ringa ki runga i te heihei,
ka tapahia huapae ai ki waenganui.
Hoatu ki tētahi kumete me te kāriki me te inenga tuarua o ngā namunamuā
nō te Rāwhiti Waenga.
Whakatāwaratia ki te tote me te pepa, ka whakakapia.
Whakawerahia te hinu ki te parai mahana-wera i pupuritia.
Tunua te heihei mō ngā meneti e 3-5 ki ia taha (kei runga i te mātotoru), kia
tunua katoatia rānei.
Waiho ki te taha, ka uhi ai.

3. WHIUWHIUA

Tapatapahia te kūkama kia haurua, ka kōripia ai kia kōrahirahi.
Whiwhiua me te pītiki, te kāpeti ngakungaku, te harita, me te waiū tepe.
Whakatāwaratia ki te tote me te pepa.
Tapatapahia te heihei ka whakakapia ai ki ōna wairanu i puta.

4. KAINGA

Utaina te huamata ki te pereti, ka hoatu i te heihei ki runga!
Kia pai mai hoki!