

KA OTI I TE
45 MENETI

Te Tāte Kānga me te Roroa Kotawa pai katoa

me te paparanga wheta, me te huamata
wōnati

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



He tāte

Kia 1 ngā roroa kotawa kua kuorotia
Kia 2 ngā kokonui o te pata
Kia 2 ngā kapu kānga tio
Kia 1 te pākete pēhi aparau e pare-huarehe ana
Kia 1 te kokonui o te mātete
Kia 1 te hēki
Kia 150 karamu o te tīhi wheta kua kongakongatia

He wairanu winika me te huamata

Kia 1 te pākete wōnati kua tapatapahia
Kia 1 te kokonui winika whakangako
Kia 2 ngā kokonui o te hinu ōriwa
Kia 2 ngā tōmato kua tapahia hei wēti
Kia 100 karamu o te kōkihi iti

NGĀ TOHUTOHU

1. ME WHAKARITE

Whakawerangia te umu ki te 220°C (ki te tunu hauhiko 200°C rānei).
Kuorotia ngā roroa kotawa.
Whakaweratia te pata ki te parai mahana-wera.
Tunua ngā roroa kotawa mō ngā meneti e 4-5 kia ngaore ai.
Kaurorihia atu te kānga, ka whakatāwaratia ai ki te tote me te pepa.

2. ME PŌKAI

Wheratia te pēhi papatahi ki tētahi paeumu kua ūhia.
Werohia ki te whāoka, ka pania ai a waenga o te pēhi me te mātete, ka waiho ai kia wātea te 2cm ki ngā tahataha.
Pupuritia te parai mō te wāhanga tuawhā.
Pōkaia ngā tahatahata o te pēhi kia kapi katoa ai ngā kānga mō te kiripaka.
Me kaha te pēhi, inarā ngā kokonga, e noho pōkai tonu ai ka tunua ana.
Taitaia te kiripaka ki te koheri hēki, ka ngawhara ai i te haurua o te wheta ki runga o te tāte.

3. TUNUA

Tunua te tāte mō ngā meneti 20-25 kia pupuhi ai, kia pakapaka ai.
Tangohia i te umu, ka whakamātao ai mō ngā meneti e 2-3 i mua i te kōripi.

4. WHIUWHIUA

Ūkuia te parai i pupuritia rā, ka whakahokia ai ki te tārahu e mahana ana.
Tunutunua ngā wōnati, ā, me auau te kaurori, mō ngā meneti e 2-3 kia pakapaka ai.
Whakawhitia ki tētahi kumete.
Tāpirihia te winika me te hinu ki te kumete, ka whiuwhiua ai, ka whakatāwaratia ai ki te tote me te pepa.
Tapahia ngā tōmato hei wēti.
Tāpirihia ki te kumete, ka kaha konanutia ai me te kōkihi, ka waiho ki te taha hei tuari.

5. KAINGA

Kōripihia te tāte.
Māu anō koe e kuhu ki te huamata kei te taha.