



RECIPE

Māori

English

Ngā ika kongakonga puriringa e pakapaka ana **Crispy Crumbed Fish Fingers**

INGREDIENTS

Māori

English

Puananī	Brocoli
Puehu parāoa	Flour
Ika	Fish
Kongakonga parāoa	Breadcrumbs
Pī tio	Frozen peas
Pata	Butter
Picklenaise	Pīkarakōmā
Kāroti	Carrot
Rīwai	Potatoe
Te māturuturu hinu	Drizzle of oil

PHRASES

Māori

English

Whakawerahia te umu	Preheat oven
Whiuwhiua kotahitia ngā rīwai me ngā kāroti	Toss potatoes and carrots together
Pakipakia ngā ika	Pat fish dry
Taupokina kia mahana ai	Cover to keep warm
Kia pai te putua o te wai	Drain well
Kia pakapaka ai	Until golden
Ka konanuhia ai kia kapi katoa	toss to coat
Whakawerangia te hinu	heat oil
Tunua	Roast it
Kongakongatia	Crumb it
Kainga	Eait it