

**BARGAIN
BOX**



KA OTI I TE
30 MENETI

He kare mītikau kōma e nēnēne ana

he raihi roroa

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 raihi

Kia 300 karamu o te raihi roroa
Kia 2 ¼ ngā kapu o te wai koropupū

Te kare

Kia 1 te riki kua tapatapahia kia 1
henemita.
Kia 200 karamu o te rīwai kua
tapatapahia kia 1 henemita.
Kia 1 te māturu o te hinu
Kia 600 karamu o te mītikau parai
kōrori

Kia 80 karamu o te kukū kōma
Kia 400 karamu o te miraka kokonati
Kia 1 te kapu o te waikōhua kau
Kia 1 te puananī kua tapahia ki ngā
pua, kua tapatapahia hoki te tātā.
Kia 1 te kokonui o te kīnaki hoi
Kia 100 karamu o te kōkihi iti

NGĀ TOHUTOHU

1. ME WHAKARITE

Koropupūhia tētahi tīkera.
Whakakotahingia te raihi, te wai koropupū kua inehia, me tētahi kikini tote
ki tētahi kōhua.
Taupokina, ka koropupū ai.
Whakahekengia te wera ki te wera iti katoa ka taea, ka tunu ai mō ngā
meneti 12.
Whakawetongia te tarahū, ka waiho ai i te taupoki kia koromamahu ai mō
ngā meneti e 5.
I taua wā tonu, tapatapahia ngā riki me ngā kūmara kia 1 henemita ai.

2. PARAIHIA

Whakawerangia te hinu ki te parai kia tino wera.
Pakipakia te mītikau kia maroke ai, ka whakatāwaratia ai ki te tote.
Tunua te mītikau parai kōrori, me tunu ā-rōpū ki te hiahiatia, kia maoa ai -
ka āhua 1-2 meneti.
Mā te tunu ā-rōpū ki te tārahu wera ka noho ngaore ai.
Me paku hunuhunu ngā tahataha o te mītikau, ā, me āhua māwhero a
waenga.
Waiho te mītikau ki te taha, ka waiho kia mahana, ka pupuri ai i te parai.

3. TUNUA

Whakahokia te parai i pupuritia rā ki te tārahu e mahana-wera ana, ka
māturu atu ai i te hinu.
Tunua ngā riki me te rīwai me tētahi kikini tote mō ngā meneti e 6 kia
parauri ai.
Tāpirihia te kukū kōma me te ¼ kapu o te miraka kokonati, ka tunu ai mō
ngā meneti 1-2 kia kakara ai.

4. ME ĀTA KŌHUA

Tāpiringia te toenga o te miraka kokonati me te waikōhua kau kua inehia ki
te parai.
Āta kōhuatia, ka tunua ai mō ngā meneti 10 kia ngaore ai ngā huawhenua,
kia kukū ai te kīnaki.
Tapahia ngā puananī ki ngā pua, ka tapatapahi ai i te tātā. Tāpirihia ki te
parai.
Tunua anō mō ngā meneti e 3 kia ngaore ai ngā puananī.
Kaurohia atu te kīnaki hoi, te kōkihi, te mītikau maoa me ngā wairanu o te
mīti kia wera ai.
Whakatāwaratia ki te kīnaki hoi.

5. KAINGA

Utaina te raihi ki te pereti, ka ūhia ki te kare.
Kainga!