

He wainene raihi



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HE WAINENE RAIHI

Ngā taputapu

He kōhua, he waenga te tahi
He taputapu kaurori
He kokonui
He kapu ine
He paepae tunu kai

Ngā kai whakauru

(Kei roto i tō kete kai)

100g pata
100g (½ kapu) huka mā
1 1/2 kokonui o te mīere
4 kapu o te raihi pakopako

Ngā tohutohu

1. Hoatu te **pata 100g**, te **huka mā 100g** me te **mīere 1 ½ kokonui** ki tētahi kōhua.
2. Whakarewahia. Kia rewa, whakakoropupūtia mō te 3 miniti.
3. Whakawetohia te tō ka tangohia ai te kōhua.
4. Hoatu ngā kapu **raihi pakopako 4 kapu** ki te kōhua.
5. Kauroritia!
6. Tukuna ki tētahi paepae tunu kai, kia papatahi te noho. Waiho kia mātao, ā, tapahia.

Kaingia kia pau!

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