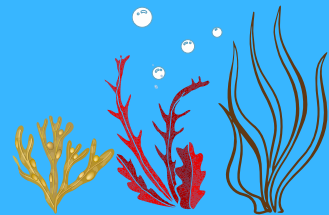


# PARĀOA RIMURAPA



## Raunga + Taputapu

4 kapu puehu parāoa  
6 hēki  
ruinga karengo maroke kua whakanehua  
hinu ōriwa  
pepa tunu

- mihini tāwhirowhiro
- mihini rimurapa
- rākau pokepoke



- 1 Tāwhirowhirongia ngā kai katoa ki te mihini
  - Ki te kore o mihini, pūkeingia te puehu parāoa ki te tūpapa
  - Keria he rua, ā, purua ngā hēki ki waenga
  - Whakamahia he paoka kia kōharingia
  - Āta ranua ngā kai, kātahi ka pokepokea kia pokenga te otinga.
- 2 Tākaia te pokenga ki te pepa tunu, ā, waihotia ki te pouaka makariri mō te hāwhe hāora.
- 3 Puehutia tō tūpapa, ā, takapapangia te pokenga
  - Tukua ki tō mihini rimurapa kia takapapangia tō rimurapa ki tāu e hiahia ai - fettucine, spaghetti, te aha atu rānei
  - Ki te kore o mihini rimurapa, whakamahia te naihi kia tapahia ngā parāoa rimurapaTukua ki te kuaha o tētahi kāpata kia iri, kia nahanaha, kia rite mai ki te tunu.
- 4 Kōhuatia he wai wera, ringihia atu he pune hinu, he kinikini tote o roto. Tunua o rimurapa mō te 8 - 10 meneti, kia ngohe, engari kia kaua e waiwai.
- 5 Whāranumia atu ki te kīnaki pai!
  - \*kāriki me te kīnaki tomato
  - \*kīnaki pūhā
  - \*kirīmi me te harore



Te Kura Kaupapa Māori o  
NGĀ MOKOPUNA

