

KEKE SIAINE IKAI NGAUE'AKI LOLO

FOUNGA HONO NGAOHI

1. 'Uluaki fakamafana 'a e 'ovani (180° C pe 350° F).
Sivi e mahoa'a, pekingi pauta, mo e pekingi sota pea tuku ki he tafa'aki.
2. O'i e siaine 'e 2 'aki ha huhu pea fakapapau'i 'oku molu lelei.
3. Tanaki kiai e suka, fo'imoa mo e hu'akau.
4. Pea toki tanaki atu kiai mahoa'a mo e pauta kuo 'osi sivi.
5. Hua'i leva ki ha kapa ta'o.
6. Tofitofi leva ho'o siaine 'e 1 pe ke fola 'i 'olunga 'i ho'o fo'i keke kuo teuteu ke ta'o.
Ta'o leva 'i he 'ovani 'i he minite 30.
7. Tuku ke mokomoko pea toki faka'aonga'i ki he ma'u me'atokoni.



NGAAHI ME'A 'OKU FIEMA'U

- 3 siaine momoho lelei
- 3-4 sepuni lahi suka
- 2 fo'imoa
- 2-3 sepuni lahi hu'akau
- 1 ½ ipu mahoa'a
- 1 sepuni ti pekingi pauta
- 1 sepuni ti pekingi sota

OIL FREE BANANA CAKE

Directions

1. Preheat oven to 180° C (or 350° F). Sift together flour, baking powder and baking soda. Set aside.
2. Mash 2 bananas with a folk.
3. Add sugar, egg and milk. Stir well.
4. Add the sifted ingredients to the egg mixture. Mix well.
5. Pour mixture into the pans.
6. Slice a banana, then place them on the top. Bake for about 30 minutes.
7. Cool and serve.



Ingredients

- 3 very ripe medium-sized bananas
- 3-4 table spoons of sugar
- 2 eggs
- 2- 3 table spoons of milk
- 1 ½ cups flour, use whole wheat if possible
- 1 tea spoon of baking powder
- 1 tea spoon of baking soda

OTA 'IKA moe 'okula

FOUNGA HONO NGAOHI

1. To'o kakano e konga ika pea fufulu ke ma'a, 'o hifihifi tapafa iiki
 2. Tanaki atu leva ki ai e huhu'a 'i lemani, sepuni ti masima 'e 2 pea fa'o leva ki he 'aisi mokomoko kae'oua leva kuo maau ho'o niu, vesitapolo mo e me'akai ke kiki 'aki hono teuteu'i
 3. Fufulu ke ma'a 'a e vesitapolo pea hifihifi iiki kihe slice 'okula.
 4. Hifihifi iiki 'aupito 'a e onioni, mo e polo fifisi
 5. Vau e fo'iniu 'e 2, pea tatau'aki 'a e piu vai momoko 'e 2
 6. Fakataha'i kotoa kinautolu ki he poulu ika pea heu kenau fefiohi lelei
 7. Kai me'akai Fakatupu ivi: Manioke 'e 2 pe koe Ma silaisi 'e 2 pe koe ipu laise 'e 1 'osi haka
- *Kataki fakafuofua'i 'a e masima teke ngaue 'aki. Fakasi'isi'i e lahi 'o e masima 'oku ke ngaue'aki ho'o feime'atokoni.**



NGAAHI ME'A 'OKU FIEMA'U

- Konga ika kilo 'e 2
Fo'i niu motu'u 'e 2 vau pea hu'i 'aki e piu vai momoko 'e 2
Tu'unga 'okula
Fo'i onioni 'e 1
Fo'i temata 'e 4
Fo'i polo 'e 4
Fo'i kiukamipa 'e 2
Fo'i letisi 'e 1
Fo'i lemani 'e 3-4
Fo'i polo fifisi 'e 2
Sepuni ti masima 'e 2

OTA 'IKA with okra

Directions

1. Remove skin and bones and cut into small squares or slices as preferred
2. Rinse the fish and then add the lemon juice and put into the fridge to keep cold
3. Rinse vegies and chop up finely, then slice okra
4. Grate 2 coconuts, squeeze out the coconut milk and then mix with 2 cups of water
5. Remove fish from fridge and stir through all vegies, chilli, onions and coconut milk
6. After mixing line bowls with lettuce leaves and pour the ota 'ika on top
7. Serve with energy foods: 2 pieces of root crop or 2 slices of bread or 1 cup cooked rice

***Please measure the quantity of salt.**

Reduce the amount of salt you cook with.



Ingredients

- 2kg fish
- 2 matured coconuts, grated and juice extract
- 2 cups water
- a pile of okra , sliced
- 1 onion, chopped finely
- 4 tomatoes, chopped finely
- 4 capsicums, chopped finely
- 2 cucumbers, chopped finely
- 1 lettuce, leaves washed thoroughly
- 3 lemons/limes, squeezed
- 6 chillis, finely chopped into tiny pieces
- 2 tea spoons of salt

PAPAYA CAKE

Directions

1. Preheat oven to 180° C (or 350° F). Sift together flour, baking powder and baking soda. Set aside.
2. Mash papaya in a mixing bowl.
3. Stir oil, sugar and egg in the other mixing bowl.
4. Add the papaya mixture and the sifted ingredients to the egg mixture. Mix well.
5. Pour mixture into the pan. Bake for about 30 minutes.
6. Cool and serve.



Ingredients

- 2 cups very ripe papaya, mashed
- 1 egg
- 1 ½ cups flour
- 1 tea spoon of baking powder
- 1 tea spoon of baking soda
- 3-4 table spoons of sugar
- 3 table spoons of oil

PUMPKIN MUFFIN

Directions

1. Preheat oven to 180° C (or 350° F). Sift together flour, baking powder and baking soda. Set aside.
2. Mash pumpkin in a mixing bowl.
3. Stir oil, sugar, egg and milk in the other mixing bowl.
4. Add the pumpkin mixture and the sifted ingredients to the egg mixture. Mix well.
5. Pour mixture into the muffin tin. Bake for about 30 minutes.
6. Cool and serve.



Ingredients

- 2 cup cooked, mashed pumpkin
- 1 egg
- 1 ½ cups flour
- 1 tea spoon of baking powder
- 1 tea spoon of baking soda
- 3-4 table spoons of sugar
- 3 table spoons of oil
- 2-3 table spoons of milk

BANANA BREAD

Method:

1. Preheat oven to 180 degrees C
2. Mix dry ingredients in a small bowl and set aside.
3. Using a spoon or a fork mash peeled bananas in a large bowl. Add vanilla, eggs and milk and mix well. Slowly add dry ingredients stirring to incorporate. Add nuts if desired.
4. Grease a 9-inch cake pan with oil (or line with baking paper) and pour the batter into the pan. Use a spoon to spread to cover the bottom.
5. Cook for 25-30 minutes or until a knife comes out clean when poked into the centre. Do not over bake (it will get dry).



Ingredients:

- 1 ½ cups whole wheat flour
- ½ cup oats
- 3 tsp baking powder
- 3 overripe large bananas
(or 5-6 small bananas)
- ½ cup milk
- 1 ½ tsp vanilla extract
- 2 eggs
- optional: ½ cup chopped walnuts/almonds

BANANA OAT COOKIES

Method:

1. Mash bananas with a fork, mix with oats until well combined.
2. Stir through mix ins if desired.
3. Place spoonfuls on a tray lined with baking paper and bake at 180 degrees C for 15 minutes (or until set).



Ingredients:

(Makes approximately 10 cookies)

2 medium ripe bananas, peeled

1 cup rolled oats

½ cup mix ins of choice: raisins, chopped nuts, chopped dates/dried apricots, choc chips, etc

Optional: 1 tsp vanilla essence or sprinkle of cinnamon

PELE AND SAUSAGE QUICHE

Directions

1. Preheat the oven to 180° C (or 350° F).
2. Heat up 1 tablespoon of oil in a pot, add all vegetables and sausages. Place them in the dish.
3. Lightly beat the eggs, milk, pepper and salt together.
4. Pour the egg mixture over the vegetables.
5. Bake for 25 to 30 minutes, until golden brown and set in the middle.
6. Serve with energy foods: 2 pieces of root crop or 2 slices of bread or 1 cup cooked rice.

***When you fry them, please measure the quantity of oil. Reduce the amount of oil you cook with.**

***Please don't add too much salt.**



Ingredients (Serves 6)

- 2 onions, finely chopped
- 3 cups seasonal vegetables, finely chopped
eg. pele, tomato, long bean, corn, carrot
- 4 sausages, chopped
- ½ cup cheese, grated, low fat if use
- 6 eggs
- 1 ½ cups milk
- 1 tablespoon oil
- a pinch of salt and pepper

SIAMU TEMATA MOE

CREPE KALOTI

FOUNGA HONO NGAOHI

【SIAMU TEMATA】

1. Hifihifi manifi e temata.
 2. Haka'i e temata 'iha kulo, suka mo e huhua'i kola 'iha miniti 20 kae tukutuku hifo pe sitou.
- *Tokanga'i pe 'oua e paku.

【CREPE KALOTI】

1. Fufulu e kaloti pea tama.
2. Fakataha'i e fua'imoa, mahoa'a mo e kaloti 'osi tama 'o heu fakataha'i ke tuifio lelei moe me'i vai si'isi'i.
3. Hakahaka ai 'iha taimi nounou pe.



NGAAHI ME'A 'OKU FIEMA'U

【SIAMU TEMATA】

Fo'i temata 'e 4
Sepuni lahi suka 'e 4
Fo'i kola 'e 1

【Crepe KALOTI】

Fo'i kaloti 'e 1
Fua'imoa 'e 1
1 ipu mahoa'a
100 ml vai

SWEET AND SOUR PUAKA

FOUNGA HONO NGAOHI

1. Hifihifi iiki e puaka(3cm loloa)pea tanaki kiai e masima mo e pepa. Pea vilo leva he mahoa'a 'a e puaka kuo'osi hifi.
 2. Hifi leva e vesitapolo mo e fua'i'akau he lalahi tatau pe.
 3. Ngaohi leva e soosi, 'aki hono fakataha'i kotoa e ngaahi me'a 'oku fiema'u kiai.
 4. Fakamafana e me'i lolo pea fakapaku ai e puaka.
 5. Ko'ene liliu pe lanu 'o e puaka, pea tanaki leva 'a e vesitapolo.
 6. Tanaki atu leva kiai mo e soosi kihe kulo.
 7. Kai me'akai Fakatupu ivi: Manioke 'e 2 pe koe Ma silaisi 'e 2 pe koe ipu laise 'e 1 'osi haka
- *Kapau te ke fakapaku kataki fakafuofua'i 'a e lolo teke ngaue 'aki. Fakasi'isi'i e lahi 'o e lolo 'oku ke ngaue'aki ho'o feime'atokoni.**
- *Kataki 'oua fu'u 'ai e masima ke lahi.**
- *Kataki to'o kili 'oe puaka pea ke toki faka'aonga'i ki ho'o kuki.**



NGAAHI ME'A 'OKU FIEMA'U

- Puaka kiko 'e 1
Fo'i onioni 'e 3
Fo'i kaloti 'e 2
Fo'i polo 'e 8
Fo'i lesi 'e 1
Fo'i faina 'e 1
Masima mo e pepa si'isi'i pe
Sepuni lahi lolo 'e 3
Mahoa'a
【Fiema'u kihe soosi】
Fo'i kola 'e 6
Sepuni lahi temata soosi 'e 6
Sepuni lahi vai 'e 6
Sepuni lahi suka'e 6
(Sepuni lahi soup stock moa 'e 6)

SALATI LESI MATA

FOUNGA HONO NGAOHI

1. Fakataha'i kotoa e 'u me'a ki he soosi 'o fio
2. Fakataha'i kotoa 'e 'u fiema'u ki he salati 'o fio
3. Lingi e soosi ki he salati 'o fio kinaua.

NGAAHI ME'A 'OKU FIEMA'U

Ipu Lesi mata 'e 4 ('osi tama)

Fo'i temata 'e 4 ('osi hifi iiki)

Vaeua'i piu pinati ('osi momosi)

【Soosi】

Vaeua piu niu taufua

Sepuni lahi 'e 2 vinika

Sepuni lahi 'e 2 huhua'i

Lemani/laimi/kola

Vaeua sepuni ti pepa



GREEN PAPAYA SALAD

METHOD

1. Combine all dressing ingredients and mix well
2. Combine all salad ingredients and mix well
3. Pour dressing over salad and mix until well combined

INGREDIENTS

- 4 Cups of green Papaya (grated)
- 4 Tomatoes (finely chopped)
- ½ Cup of Peanuts (finely chopped)

【Dressing】

- ½ C Coconut cream
- 2 table spoons of vinegar
- 2 table spoons of lemon/lime/kola juice
- ½ tea spoon of pepper



SALATI SALASA FAKA-MEKISIKOU

FOUNGA HONO NGAOHI

1. Fakataha'i e 'u me'a ki he soosi ke nau fefiohi lelei
2. Fakataha'i e 'u me'a ki he salati ke nau fefiohi lelei
3. Lingi e soosi ki he salati ke nau fio lelei



NGAAHI ME'A 'OKU FIEMA'U

Fo'i temata 'e 4 (tongitongi)
Fo'i polo fuo iiki 'e 3 pe 2 fuo
lalahi (tongi tapafā taki
senitimita 'e 1)

Kiukamipā 'e 1 (tongi tapafā
tatau taki senitimita 'e 1)

【Soosi】

Sepuni lahi 'e 4 soosi polofifisi
Sepuni lahi 'e 2 huhu'a laimi
Faluku 'e taha koliana (hifi
lalahi)

MEXICAN SALSA SALAD

METHOD

1. Combine all dressing ingredients and mix well
2. Combine all salad ingredients and mix well
3. Pour dressing over salad and mix until well combined

INGREDIENTS

- 4 Tomatoes (diced)
- 3 small green capsicums or 2 medium sized green capsicums (cut into 1cm squares)
- 1 cucumber (cut into 1cm cubes)

【Dressing】

- 4 tablespoons sweet chilli sauce
- 2 tablespoons of lime juice
- Handful of coriander (roughly chopped)



MOA 'IHE TEMATA SOOSI FIFISI

FOUNGA HONO NGAOHI

1. Hifihifi tapafa manifi 'a e moa pea hifihifi iiki 'a e temata, onioni mo e pele.
 2. 'Ai e lolo kihe kulo pea fakapaku 'a e onioni mo e temata pea tanaki atu kiai e mo a moe polo fifisi.
 3. Tanaki atu kiai e temata soosi mo e soia soosi pea haka mamalie he miniti nai 'e 10.
 4. Tanaki atu leva kiai e mahoa'a 'osi heu he vai pea heu lelei ke fatufatu.
 5. Kai me'akai Fakatupu ivi:
Manioke 'e 2 pe koe Ma silaisi 'e 2
pe koe ipu laise 'e 1 'osi haka
- *Kapau te ke fakapaku kataki fakafuofua'i 'a e lolo teke ngaue 'aki. Fakasi'isi'i e lahi 'o e lolo 'oku ke ngaue'aki ho'o feime'atokoni.**
- *Kataki to'o kili 'oe moa pea ke toki faka'aonga'I ki ho'o kuki.**



NGAAHI ME'A 'OKU FIEMA'U

- Haafe kilo moa
Fo'i onioni 'e 2
Fo'i temata 'e 3
La'i pele 'e 5
Ipu temata soosi 'e ¼
Sepuni lahi soia soosi 'e 2
Sepuni lahi lolo 'e 2
Sepuni lahi mahoa'a 'e 1
Fo'i polo fifisi 'e 3 pe 4
Ipu vai 'e ½

MOA 'IHE SOOSI KUAVA

FOUNGA HONO NGAOHI

1. Hifi 'ae moa pea hifihifi 'a e onioni, temata mo e pele. Momosi e polo fifisi pea laiki e kaliki.
 2. Fahiu 'a e fo'i kuava, 'ai leva he sepuni 'o to'o mai'aki hono kakano 'o 'ai ki ha kulo moha me'i vai si'isi'i 'o haka kae 'oleva kuo moho mo molu. 'Ai leva ha kongatupenu 'o sivi'aki.
 3. 'Ai leva e me'i lolo ki ha kulo 'o fakamafana pea tanaki atu leva kiai e kaliki, polo fifisi, moe onioni. Fakapaku leva kinautolu 'iha miniti 'e 5.
 4. Tanaki atu leva kiai e moa kuo 'osi hifihifi 'o haka 'iha miniti 'e 5.
 5. Tanaki atu leva kihe kulo, 'a e temata, soosi kuava, huhua'i lemani, suka moe ipu vai 'e 1 'o haka kae 'o leva kuo molu pea heuheu pe he lolotonga hono haka.
 6. Toki tanaki atu leva e lau'i'akau, masima mo e pepa. Hakahaka pe kae 'o leva kuo moho.
 7. Kai me'akai Fakatupu ivi: Manioke 'e 2 pe koe Ma silaisi 'e 2 pe koe ipu laise 'e 1 'osi haka
- *Kataki to'o kili 'oe moa pea ke toki faka'aonga'I ki ho'o kuki.**
- *Kataki 'oua fu'u 'ai masima ke lahi.**

NGAAHI ME'A 'OKU FIEMA'U

1 kilo moa
Fo'i onioni 'e 2
Fo'i temata 'e 3
La'i pele 'e 10
Fo'i kuava momoho 'e 10
Fo'i polo fifisi 'e 1
Fo'i kaliki 'e 1
Sepuni lahi huhua'i lemani 'e 3
Sepuni lahi suka 'e 2
Vai Si'isi'i
Masima moe pepa si'isi'i pe

MOA 'IHE SOOSI MANGO

FOUNGA HONO NGAOHI

1. Hifihifi e moa, kaloti mo e la'i pele.
Hifihifi iiki e onioni mo e temata laiki e kaliki
pea tama 'a e mango momoho.
2. 'Ai e lolo ki he fakapaku pea fakapaku e kaliki
onioni mo e moa pea tanaki atu leva kiai e
kaloti, temata, mango 'osi tama mo e vai pea
haka he miniti 'e 15.

***Kataki to'o kili 'oe moa pea ke toki
faka'aonga'I ki ho'o kuki.**

***Kataki 'oua fu'u 'ai masima ke lahi.**

***Kapau te ke fakapaku kataki fakafuofua'i 'a e
lolo teke ngaue 'aki. Fakasi'isi'i e lahi 'o e lolo
'oku ke ngaue'aki ho'o feime'atokoni.**

NGAAHI ME'A 'OKU FIEMA'U

Haafe kilo moa

Fo'i onioni 'e 1

Fo'i temata 'e 2

Fo'i mango momoho 'e 2

Fo'i kaloti 'e 2

Ipu pele 'e 1

Ipu vai 'e 1

Ipu niutaufua 'e ¼

Sepuni lahi kaliki 'e 1

Sepuni lahi lolo 'e 1

Masima moe pepa si'isi'i pe

MOA MOE MAKALONI

FOUNGA HONO NGAOHI

1. Haka 'ae makaloni 'ihe vai masima he miniti 'e 10-15 kae 'oua kuo moho (sivi leva he me'a sivi).

2. Hifihifi loloa 'a e kaloti. Hifihifi lolo a leva moe onioni. To'o 'ae hui mei he moa pea hifihifi iiki.

3. Fakapaku 'a e lolo, onioni, kaloti mo e moa 'osi haka, tanaki atu kiai e pepa mo e masima.

4. Ngaue'aki ha kulo 'e taha, ke fakamafana 'ae pata 'ai kiai moe mahoa'a. Heu lelei pea haka 'ihe miniti 'e 5 'oua fu'u kakaha 'a e sitou.

Tanaki atu kiai mo e hu'akau pea heu lelei mo vave.

5. Hua'i ki he tisi.

***Kataki to'o kili 'oe moa pea ke toki faka'aonga'I ki ho'o kuki.**

***Kataki 'oua fu'u 'ai masima ke lahi.**



NGAAHI ME'A 'OKU FIEMA'U

1/2 kilo moa 'osi to'o 'ae hui
Fo'i onioni 'e 4

Fo'i kaloti 'e 1

Ipu makaloni 'e 2

Sepuni lahi lolo 'e 2

Sepuni lahi siisi 'e 3

« Soosi »

Ipu hu'akau 'e 3

Sepuni lahi mahoa'a 'e 5

Masima mo e pepa si'isi'i pe

'OMILETI LAISE

FOUNGA HONO NGAOHI

1. Hifi iiki e kakano'i moa, hifi mo e vesitapolo, pea laiki mo e kaliki.
2. 'Ai e lolo kihe fakapaku ke mafana, tanaki atu e kaliki, kakano'i moa 'o fakapaku ai. Tanaki atu moe vesitapolo, pepa mo e masima. Tuku ai ke moho.
3. Hiko leva ia ki tu'a.
4. 'Ai e lolo si'isi'i ki he fakapaku pea hua'i atu ki ai e fo'imoa 'osi heu lelei 'o fakapaku ai.
5. Ko 'ene moho pe fo'imoa pea heu atu ai pe ho'o kiki na'e 'osi moho ki loto pea kofu'i 'aki hake ai pe. Tamate'i e sitou kae hiko mai leva 'ae fo'i 'omileti laise 'o fulihi mai kiha peleti. 'Ai atu leva ha me'i temata soosi 'i 'olunga ko hono teuteu.

***Kataki to'o kili 'oe moa pea ke toki faka'aonga'I ki ho'o kuki.**

***Kataki 'oua fu'u 'ai masima ke lahi.**

***Kapau te ke fakapaku kataki fakafuofua'i 'a e lolo teke ngaue 'aki. Fakasi'isi'i e lahi 'o e lolo 'oku ke ngaue'aki ho'o feime'atokoni.**



NGAAHI ME'A 'OKU FIEMA'U

Ipu laise moho 'e 2

Ipu kakano'i moa '½

Fo'imoa 'e 2

Fo'i kaloti 'e ½

Fo'i onioni 'e ½

Konga kaliki 'e 1

Sepuni lahi lolo 'e 4

Sepuni lahi temata soosi 'e 3

Masima moe pepa si'isi'i pe

MEI MOE FINGOTA 'IHE SOOSI

HINEHINA

FOUNGA HONO NGAOHI

1. Hifihifi 'a e pele pea hifihifi tapaha manifi e onioni. Tofitofi 'a e mei ke manifi.
 2. Fufulu 'a e fingota pea haka si'isi'i pe pea to'o e me'a 'i loto.
 3. 'Ai e lolo ki he fakapaku pea fakapaku leva e onioni mo e pele. Hua'i kinautolu ki he peleti.
 4. Fakamafana 'a e fakapaku pea 'ai ki ai e lolo moe maho'a. Heu lelei pea fakapaku ia he miniti 'e 5. 'Oua 'e fu'u kakaha 'a e sitou. Tanaki atu kiai hu'akau pea heu lelei ke fatufatu.
 5. Tanaki atu kiai e vesitapolo, mei, fingota mo e siisi 'osi tama.
 6. Kai me'akai Fakatupu ivi: Manioke 'e 2 pe koe Ma silaisi 'e 2 pe koe ipu laise 'e 1 osi haka
- *Kapau te ke fakapaku kataki fakafuofua'i 'a e lolo teke ngaue 'aki. Fakasi'isi'i e lahi 'o e lolo 'oku ke ngaue'aki ho'o feime'atokoni.**
- *Kataki 'oua fu'u 'ai masima ke lahi.**

NGAAHI ME'A 'OKU FIEMA'U

- Fo'i mei 'osi moho 'e ½
1 Pele
Ipu fingota 'e 1
Sepuni lahi lolo 'e 1
½ puha siisi 'osi tama
«Soosi Hinehina»
Sepuni lahi maho'a 'e 3
Sepuni lahi lolo 'e 3
Ipu hu'akau '2
Masima moe pepa si'isi'i pe

IKA MO HONO SOOSI HINEHINA

FOUNGA HONO NGAOHI

1. Hifihifi e vesitapolo.
2. 'A i e lolo 'o fakamafana 'iha fakapaku.
Hua'i ki ai e vesitapolo pea fakapaku ke ki'i mae si'isi'i pe .
3. To'o mei he afi pea tanaki ki ai e maho'a masima mo e pepa pea heu kenau fefiohi lelei.
4. Tanaki mamalie atu leva kiai e niu taufua pea fakafoki ki he afi 'o heu mamalie kae 'oleva kuo fatu e soosi.
5. Tanaki atu leva 'a e ika 'o haka kae 'oleva kuo moho.
6. Tufa fakataha'aki leva mo e fo'imoa moho kuo 'osi hifihifi iiki.
7. Kai me'akai Fakatupu ivi: Manioke 'e 2 pe koe Ma silaisi 'e 2 pe koe ipu laise 'e 1 osi haka
***Kapau te ke fakapaku kataki fakafuofua'i 'a e lolo teke ngaue 'aki. Fakasi'isi'i e lahi 'o e lolo 'oku ke ngaue'aki ho'o feime'atokoni.**
***Kataki 'oua fu'u 'ai masima ke lahi.**

NGAAHI ME'A 'OKU FIEMA'U

- Ipu ika moho '3
Fo'imoa moho 'e 2
Fo'i onioni 'e 2
Ipu Piini 'e 1
Ipu Niu taufua 'e 3/4
Sepuni lahi maho'a 'e 3
Sepuni lahi lolo 'e 2
Masima moe pepa si'isi'i pe

HAKA IKA 'IHE SOIA SOOSI

FOUNGA HONO NGAOHI

1. Hifihifi e ika 'o haka.
 2. Tanaki atu ki ai 'a e ika moe vai kihe kulo pea haka mamalie.
 3. Tanaki atu kiai 'a e suka, soia soosi mo e masima pea haka lelei kae'oua ke moho.
 4. Hifihifi tapafa 'ae sinisa.
Hifihifi iiki 'a e onioni Tonga pea afuhi 'i 'olunga.
 5. Kai me'akai Fakatupu ivi: Manioke 'e 2 pe koe Ma silaisi 'e 2 pe koe ipu laise 'e 1 osi haka
- *Kataki 'oua fu'u 'ai masima ke lahi.**

NGAAHI ME'A 'OKU FIEMA'U

- 1 mata'i ika (600-700g)
- Ipu soia soosi 'e ½
- Ipu vai 'e 1
- Sepuni lahi suka 'e 3
- Sepuni lahi sinisa 'e 3
- Onioni tonga si'isi'i
- Masima si'isi'i pe

JAPANESE VEGETABLES PANCAKE

Directions

1. Slice the vegetables. If you have any other ingredients, chop them into bite sized pieces.
2. Whisk the egg in a bowl, and add the water. Work in the flour to form a batter.
3. Add the vegetables and other ingredients, mixing well to ensure they are well mixed with the batter.
4. Heat the pan and lightly coat with oil. Add all of the batter mixture and spread it out into a round. Put the lid on the pan and cook at low heat for 7-8 minutes. When the underside has turned golden brown, turn over, add a little more oil to the pan, and cook for another 7-8 minutes until done.

*If you have the pork, please lay them over the batter.

5. Turn the cooked pancake on to a plate and generously top with tomato ketchup.

***When you fry them, please measure the quantity of oil. Reduce the amount of oil you cook with.**



Ingredients (Makes 8)

- 1/4 cabbage
- 1 onion
- 1 carrot
- 1 capsicum
- 4 cups of flour
- 4 eggs
- 3 cups of water
- Any other vegetables and ingredients you want or need (e.g. Tongan onion, Zucchini, Cucumber, Grated 'Ufilei, Mix vegetables, Feke, Elili, Fish can, thinly sliced pork)
- A few teaspoon oil