



*a place that changes you*

TUATORU

# TUPU A NUKU

As Tupuānuku rises with the Matariki cluster, she not only helps make sure our crops grow big and strong, but reminds us of the growth we need to make for the year. So whether you're setting personal goals or looking to strengthen friendships with the people you love, you can't go wrong with the Matariki staple of kōhua kai.



# KŌHUA KAI

BOIL UP

**SERVES**

6-8 PEOPLE

**PREP TIME**

20 MINUTES

**COOK TIME**

75 MINUTES

## INGREDIENTS

2kg pork spare ribs  
50ml oil  
1 onion, chopped  
3 garlic cloves, chopped  
1 tsp sugar  
2 tbsp vegetable stock  
powder  
4 potatoes  
4 kūmara  
¼ white cabbage  
1 bunch watercress

## METHOD

Blanch pork ribs in boiling water for 6 minutes drain and rinse in cold water.

In a large pot, heat oil and add the chopped onion and garlic, cook until tender.

Add sugar and vegetable stock, cook for 1-2 minutes.

Add pork ribs, water and potatoes.

Bring to the boil and then turn down and simmer for 35 minutes.

Add the kūmara, cabbage and watercress and cook for a further 35 minutes.

When the vegetables are cooked, the boil-up is ready to eat.