

Kuo tau a'u mai eni ki he faha'ita'u fakafiefia ko eni 'o e Kilisimasi', ko ia 'oku 'oatu ai mei he Pacific Heartbeat 'a 'emau pŌpŌaki talamonū kiate kimoutolu hono kotoa – 'ofa ke mou ma'u ha Kilisimasi fiefia mo homou ngaahi fāmili'.

'Oku 'oatu foki mo e ongo 'recipe' ifo ko eni ke mou 'ahi'ahi'i mo homou fāmili' he faha'ita'u fakafiefia ko eni.

Ke fai tāpuekina ai pē kimoutolu he 'Otua' mei' he 'aho ni 'o a'u ki ha'atau toki felōngoaki 'i Sanuali.

Chicken Pineapple and Vermicelli Salad



What you need:

- 150g dry vermicelli noodles
- 2 medium carrots, sliced
- 1/3 medium cucumber, sliced
- 1/4 head broccoli, cut into small pieces and cooked
- 1 large capsicum, sliced
- 2 spring onion, chopped
- 500g chicken meat, cooked and shredded
- 200g pineapple, chopped
- 4 Tbsp sweet chilli sauce, 4 Tbsp lemon or lime juice
- 1 Tbsp fish sauce (optional), 1 Tbsp sesame oil (optional)

How to Make:

1. Put vermicelli in a large heatproof bowl and cover with boiling water. Leave for 5-10 minutes till tender, then drain.
2. Mix vermicelli with all the other ingredients.

Takui's Fruit Bowl



What you need:

- Oval shaped watermelon
- Seasonal red fruit.
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How to Make:

1. Cut watermelon in half long ways, scoop out the flesh and cut zigzag pattern round the edge
2. Wash your red fruits, chop up some of the watermelon and put back into the hollow melon