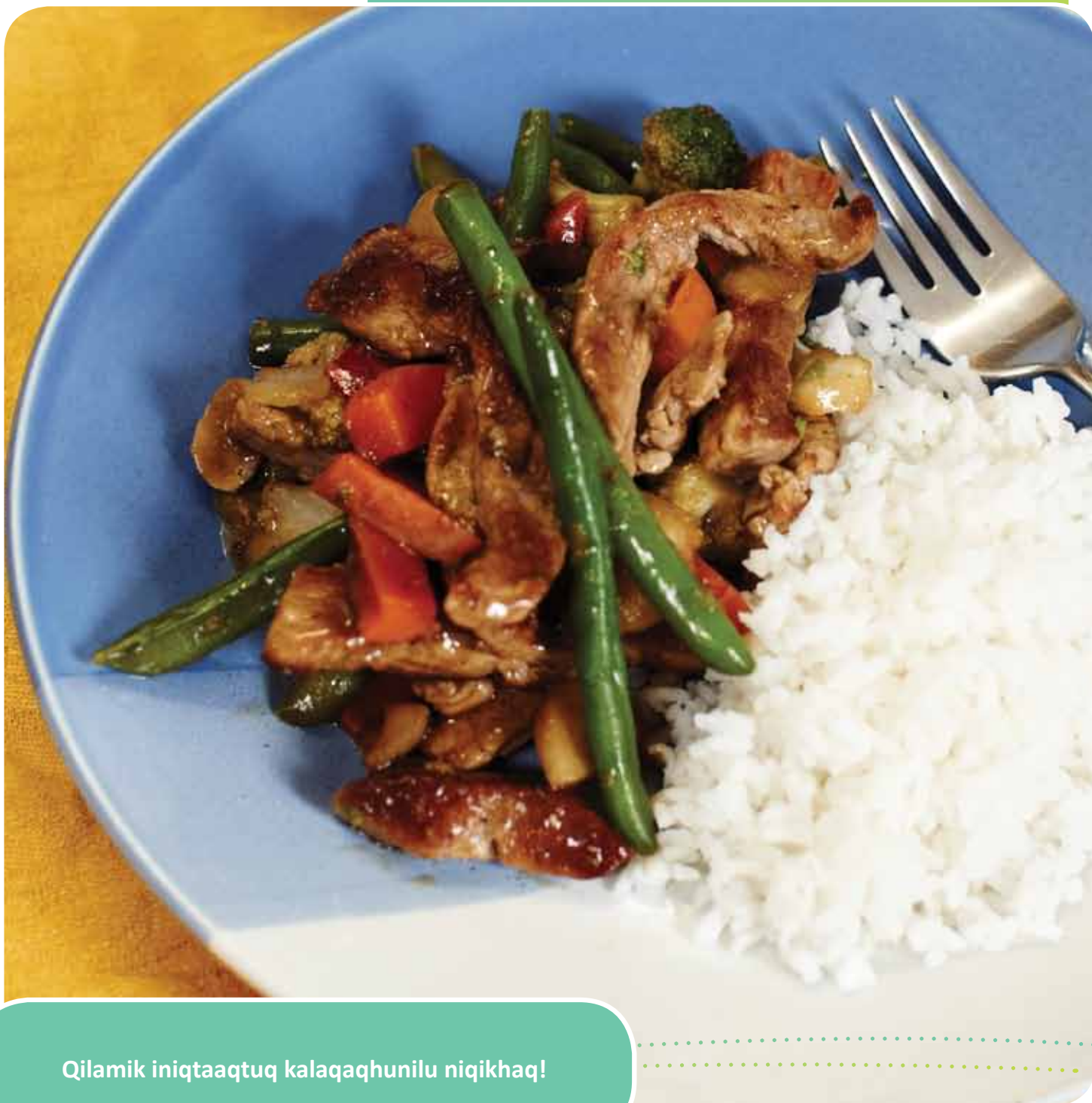


Higatittihimayut

Niritjutigilugu haviqquyayamik.

Niqiqhat 8-nut. 30 minutes-ni igainarialik.



Qilamik iniqtaaqtuq kalaqaghunilu niqikhaq!

Igatjutikhat



½ kallut imak



2 aluutikyuat
cornstarch



3 aluutikyuat
soya sauce



3 aluutikyuat
oil



1 kilogram (2 pounds) tuktu,
umingmak aalallu ughuittuq niqit

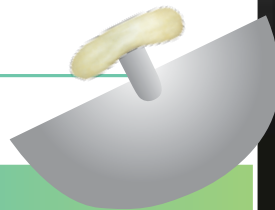


750 gram puunnuaq
qiquamayut aalatqiit
vegetables

NIQINIT QAYAGILUTIT!

Uaklugit havitit avguivik uunaqtumut,
ingmiutiqaqtumut imakmut
avguihuiruvit niqinik.

Nirivikmi Atuqtakhat



Angiyuq higattiivik matuqaqtumik | Havik / ulu
Avguivik | Malruk qiyuit aluutit
Naunaiyautikhaq kallut | Naunaiyautikhat aluutit



Atauhiillaaqtaq hugit



1

Katitlugit ayakhaklugit ukuat cornstarch, imak unalu soya sauce.



2

Uuttiklugit niqainait avruqhimayut oil-mi qitkani uunaqutimi.

Qitqanikyuaq



3

Ililugit vegetables igalugit 3/4 minutes-ni, ayakhaqattaqlugu.

3-4 min



4

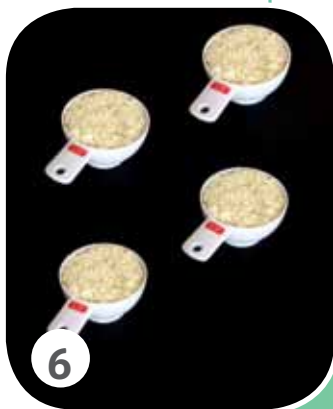
Ilalugu una cornstarch aalanik ilirihimayuq ayakhaqlugutauk.

Qitqani
3-4 min

5

Ingnikhilaaqlugu matulugu. Igatlaklugu ikittuni minutes-ni, una sauce qiniktirlugu.

Rice



6

Piliuriami 8-nut niripkaitjutikhanut kalahaktaqtunik (minute) haviqquyamik, atuqlugu 4 kallutit paniupayumik haviqquyamik unalu 4 kallutit imakmik.

Iniqtuq!





ILINGNUT NAGUUYUQ!

Taaqtumik kalalit vegetables, carrots-tut, broccoli ukuatlu bell peppers, piqaqpiaktut vitamins-nik. Ikayuutigiyatit aanniarnaittumik.



IKAYUUTIKHAQ!

Piinarialik, ilirilugu kinguknik higatiyangnut. Ililugit kinguit ukuat vegetables uulikkata, igalugittauk 2 minutes-ni, ilitinnagu sauce-nga.



Nutaanguqtirhimayut Qamanittuap Hingaiyut Naguuyunik
Niqihanik Havaktauyup *Qamanituaq Igayit!*



Naunairumagungni
aanniartailinirmut naguuyunik
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