NURAF

Nuraf is a combination of Nurikabe and Araf puzzles.

Shade some cells black such that these black cells divide the grid into areas of white cells ("islands"). Numbered cells are always white. All black cells must be connected, but no two islands can connect orthogonally. No 2×2 cell area within the grid can be all black. (Nurikabe rules)

Each island must contain exactly two numbers. The area of an island must be strictly between those numbers. For example, an island with digits 5 and 8 must have an area equal to 6 or 7. (Araf rules)

4		5			4		1
			3				
1						7	
			5				
	2						
		4			6		
				3			
	1		4				

NURA-2-002P; © SortedPuzzles