



# Biisaha Yaryar ee Khudaarta Leh

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 20 daqiiqo.

## Qalabka:

Looxa cuntada lagu jarjaro  
Saxanka foornada

## Maacuunta:

Mindi  
Qaaddooyinka iyo koobabka cuntada lagu cabbiro

## Maaddooyinka

1 bidinjaan AMA sukiini weyn, oo loo jarjaray  
1/4-inji  
1/8 qaaddo oo cusbo ah  
1/8 qaaddo oo filfil ah  
1/3 koob oo yaanyo shidni ah  
3/4 koob oo farmaajada mozzarella ah, la firay  
Saliida cuntada ee birta lagu buufiyo  
1/2 koob barbarooni bac ku jira oo jarjaran  
(ikhtiyaari)  
Geed adari daray ah, la jarjaray (ikhtiyaari)

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee xammisiyaha. Ku buufi saxanka foornada saliida birta lagu buufiyo.
3. Isugu aadi si qaabaysan jeexyada sukiiniga ama bidinjaanka adigoo dul saaraya saxanka foornada.
4. Ku xammis 3-4 inji meel u jirta kululaylka muddo dhan 2 daqiiqo dhan kasta.
5. Ka soo bixi foornada oo sukiini ama bidinjaan u yeel cusbo ama filfil. Dusha ka mari yaanyo shidni, farmaajo, iyo barbarooni (haddii la isticmaalayo).
6. Xammis 3-4 daqiiqo ama ilaa farmaajadu ay ka dhalaalayso.
7. Biisaha ka soo bixi foornada oo ku dul rushee geed adari (haddii la isticmaalayo).

## Macluumaadka Nafaqada:

Kalooriyada 110  
Dufanka Guud 4.5g  
Cusbada 220mg  
Karbohaydaraydhka Guud 12g  
Borotiinka 7g