



# Sabaayad Khudaar Leh

Xaddiga Cuntada 2 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 10 daqiiqo.

**Qalabka:**

Shiidaha

**Maacuunta:**

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

1 8-inji oo sabaayad tortilla oo isqabta

2 qaaddo oo jiiska rootiga oo dufanka laga yareeyay, leh heerkulka qolka

1 qaaddo oo basal buddo ah AMA xawaaji Talyaani ah

1 ½ koob oo khudrad daray ah (isbinaaj ama yaanyo la jarjaray, karooto la hoolay, si dhuudhuuban loo saafay qajaarka si dhuudhuuban loo saafay, iwm.)

1/4 koob oo farmaajo la firay ah oo dufanka laga dhimay, nooc kasta

1 qaaddo oo geed-dhireedyo daray ah, nooc kasta (kabsar caleen, dhiil, xawaaji buurbuur, iwm.)

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta iyo khudaarta iyo geed-dhireedyada darayga ah, haddii la isticmaalo.
2. Ku faafi kareemka farmaajada si siman ilaa cirifyada sabaayada tortilla.

3. Si isku mid ah ugu rushee xawaajiyada iyo khudaarta dusha sare ee jiiska rootiga oo dusha ka saar jiiska la firay.
4. Adigoo ku bilaabaya hal dhinac oo sabaayada tortilla, si adag u duub sabaayadda.
5. U jarjar sabaayada tortilla ee duuban gabalo 1-inji ah oo wareegsan.

### **Macluumaadka Nafaqada:**

Kalooriyada 170 Dufanka Guud 7g Cusbada 340mg  
Karbohaydaraydhka Guud 20g Borotiinka 8g