



Shuwaarmo Maksikaan Saladh Leh

Xaddiga Cuntada 4 | Waqtiga diyaarinta 5 daqiiqo. |
Waqtiga guud 15 daqiiqo.

Qalabka:

Baaquli weyn
Brtaabada cunto shiilida/shoolida
Baaquli yar
Tiish
Gasac fure
Miire ama shaandho

Maacuunta:

Fandhaal ama malgacad

Maaddooyinka

1 qaaddo oo saliida cuntada ama tan saytuun ah
1 rodol hilib digiiran ridqan ah, dufanta aad ugu yar tahay
1 basal yar, oo la jarjaray jajabyo 1/4-inji ah
1 baakad oo xawaashta taco oo cusbada ku yar tahay AMA 1 qaaddo oo
basbaaska buddada, 1 qaaddo oo khamun ah, 1 qaaddo oo budada
basasha ah iyo 1/4 qaaddo shaaha basbaaska cayenne
1 15 wiiqiyadood oo digirta beebeeshada ama madow oo gasacadaysan,
la qallajiyay oo la biyo raaciyay
3/4 koob oo iidaan ah
4 koob oo saladhka cagaaran ah, la yaryareeyay

2 yaanyo, oo loo jarjaray jajabyo 1/2-inji ah
1/2 koob oo basbaaska cagaaran ah, oo loo jarjaray jajabyo 1/4-inji ah
1/2 koob oo farmaajada adag oo la firay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, cuntada, gasacadaha korkooda.
2. Adigoo adeegsanaya birtaabada, ku kululee saliida dab dhexdhexaad ah. Ku dar digiiranka la shiiday, basal, iyo xawaashka shuwaarmada. Adigoo isticmaalaya fandhaal ama malgacad, kala burburi hilibka oo ka dhig caddad yaryar. Si fiican u kari ilaa hilibku uu gabi ahaan ka badalmo gaduudka khafiifka ah, qiyaastii 6 ilaa 8 daqiiqo.
3. Birtaabada ku shub digirta iyo suugada oo si tartiib ah iskugu qas si aad isugu darto oo kari 3 ilaa 4 daqiiqo oo kale, adigoo si joogta ah u walaqaaya.
4. Inta uu hilibku karayo, ku rid saladhka cagaaran, yaanyada iyo basbaaska cagaaran baaquliga cuntada lagu qaso oo si tartiib ah u rogrog.
5. Markaad diyaar u tahay inaad gurto, adioo qaaddo isticmaalaya saladhka cagaaran ka soo dul mari isku-qaska hilibka oona dul saar farmaajo la firay.

Macluumaadka Nafaqada:

Kalooriyada 530 Dufanka Guud 20g Cusbada 1160mg
Karbohaydaraydhka Guud 45g Borotiinka 46g