



# Kabaab Baradheed La Dubo

Xaddiga Cuntada 4 | Waqtiga diyaarinta 20 daqiiqo. | Waqtiga guud 50 daqiiqo.

**Qalabka:** Xaashida saloolka, Sufurka, Baastamiir, 2 baaquli oo yaryar, Tiish  
**Maacuunta:** Qabatada, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

Saliida cuntada ee birta lagu buufiyo  
1 rodol oo baradho ah, la diiray lana hoolay  
1 basal oo yar, si fiican loo jarjaray  
1 ukun oo weyn  
1/2 qaaddo shaah oo cusbo ah  
1/8 qaaddo shaah oo filfil ah  
1/4 qaaddo shaah oo toon buddo ah  
1 qaaddo oo burka cad ah  
1/4 koob oo ciirta Giriiga ah oo dufanku ku yar yahay AMA 1/4 koob tufaax aan la macaanayn ah

## Macluumaadka Nafaqada:

Kalooriyada 140  
Dufanka Guud 2g  
Cusbada 590mg  
Karbohaydaraydhka Guud 26g  
Borotiinka 5g

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Ku sii kululee foornada 450 darajo xaraareed. Dulsaar saxanka foornada ee qarqarada leh sufur oo ku buufi saliida cuntada ee birta lagu buufiyo.
3. Geli baradhada la hoolay iyo basasha la jarjaray gudaha baastamiir dul saaran baaquli oo si adag ugu riix gacmahaaga, si isdaba joog ah, si aad uga saarto dareeraha ugu badan ee suurtoogalka ah.
4. Ka daadi dareeraha la miiray, ku tirtir tiish baaquliga, oo ku wareeji dhafdhafka baradhada/ basasha ah gudaha baaquliga.
5. Adigoo adeegsanaya baaquli yar oo kale, ku dar ukunta leh milixda, basbaaska, iyo toonta buddada ah. Garaac ilaa ay isku qasmaan.
6. Isku dar dhafdhafka ukunta iyo baradhada oo walaaq, kadibna ku dar burka oo walaaq si ay isugu qasmaan.
7. Dulsaar laba iyo toban qaaddo oo buuxda oo is'le'eg saxanka foornada ee diyaarsan, adigoo samaynaya kabaab baradho oo dhuudhuuban adoo dhafdhafka ku riixaya gacantaada si aad u sinto kabaabka, adigoo ilaalinaya qaabkooda.
8. Si deeqsinimo leh ugu buufi kabaabka baradhada saliida cuntada ee birta lagu buufiyo.
9. Dub kabaabka baradhada ilaa 15 daqiiqo, ilaa inta uu ka jilcayo oo si qoto-dheer uga bislaanayso qaybta hoose. Ka soo bixi saxanka gudaha foornada, u rog kabaabka baradhada dhinaca kale, ku buufi mar labaad saliid cuntada ee birta lagu buufiyo, oo dub muddo 10-15 daqiiqo oo dheeraad ah, ilaa uu ka qallafo oo si qoto-dheer uga bislaado oo dahabi uga noqdo dhinaca labaad.
10. Isla markiiba gur, adigoo raacinaya wax yar oo ciirta Giriiga oo saafi ah ama goosaarta tufaaxa.