



# Dhalo-cadaha La Dubo

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 45 daqiiqo.

## Qalabka:

Looxa cuntada lagu jarjaro  
Saxanka foornada

## Maacuunta:

Mindi  
Qabato  
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

Saliida cuntada ee birta lagu buufiyo  
1 dhalo-cade oo weyn  
2 1/2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah  
1/2 koob oo rooti la burburiyay  
1/4 qaaddo oo cusbo ah  
1/4 qaaddo oo filfil ah  
2 xabo oo toon qoyan ah, la kalaawiyay AMA 2 qaaddo oo toonta buddada ah

# Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 425 darajo xaraareed.
3. Ku buufi saxanka foornada saliida birta lagu buufiyo.
4. Ku rasteey gabalada dhalo-cadaha bartamaha saxanka foornada ee diyaarka ah oo ku shuuxi saliid. Ku rushee rootiga la burburiyay, filfisha, toonta buddada ah, iyo milixda (haddii la isticmaalayo). Ku kawtan qabato ama birqaab ama gacmahaaga si aad iskugu darto.
5. Ku faafi dhalo-cadaha xaanshida saaran saxanka foornada.
6. Dub ilaa 15 daqiiqo, kawtan, oo dub 20 daqiiqo oo dheeraad ah ama ilaa dhalo-cadaha ka bilaabo inuu ka bislaado.

## Macluumaadka Nafaqada:

Kalooriyada 170 Dufanka Guud 10g Cusbada 300mg Karbohaydaraydhka  
Guud 19g Borotiinka 5g