



# Digir Cagaar Duban

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 30 daqiiqo.

## Qalabka:

Looxa cuntada lagu jarjaro  
Saxanka foornada  
Sufur

## Maacuunta:

Mindi  
Koobabka iyo qaaddooyinka cuntada lagu cabbiro  
Qabato ama 2 fargeeto

## Maaddooyinka

1 rodol oo digir cagaar daray ah, geesaha laga jaray  
1 qaaddo oo saliid saytuun ama saliid cadeey ah  
1/2 qaaddo oo cusbo ah  
1/8 qaaddo oo filfil ah

## Soo-jeedinta Dhadhanka:

- Macaan oo dhadhan iyo caraf fiican leh: Ku dar jeexyo waaweyn oo basal cas ah digirta cagaaran marka aad foornada geliso. 10 daqiiqo ka dib, ku kawtan basasha iyo digirta cagaaran dhafdhaf ka samaysan 1 qaaddo oo malab ah, 1 qaaddo oo khal ah, 1/2 qaaddo reexaan oo la qalajiyay ama 1 qaaddo oo dharay cusub ah, iyo 1 qaaddo oo toon la kidfay ah. Dub muddo dhan 7-10 daqiiqo oo kale, ka bixi foornada, oo ku dul dar 1/3 koob oo jows ah ama lows kale ah.

- Sisinta Aasiya: Kadib markaad dubto 10-ka daqiiqo ee ugu horreeya, ka saar foornada digirta cagaaran oo ku kawtan dhafdhaf ka samaysan 1 qaaddo oo toon la kidfay ah, 1/2 qaaddo oo sanjabiil la qalajiyay ah, 2 qaaddo oo malab ah ama miid, far-iyo-suul oo jafka basbaaska cas ah, iyo 4 qaaddo oo iniinta sisinta ah.

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 450 darajo xaraareed.
3. Sufur ku dabool saxanka foornada. Saar digirta cagaaran dusha saxanka foornada, ku shuuxi saliid, oo ku rshee milix iyo filfil.
4. Isticmaal qabato ama laba fargeeto si aad u kawtando digirta cagaaran oo ku dul faafi hal lakab oo xaanshida saxanka foornada ah.
5. Ku dub foornada ilaa 10 daqiiqo. Kawtan digirta cagaaran, ku faafi hal lakab oo xaanshida saxanka foornada ah oo dub 7-10 daqiiqo oo kale ama ilaa digirta ay ka bilawdo inay buni ka noqoto.

### Macluumaadka Nafaqada:

Kalooriyada 60 Dufanka Guud 4g Cusbada 600mg Karbohaydaraydhka  
Guud 7g Borotiinka 2g