



BBQ Turkey Maraqa leh

Xaddiga Cuntada 6 | Waqtiga diyaarinta Lama yaqaan | Waqtiga guud 30 daqiiqo.

Qalabka: Birtaabada cunto shiilida oo dhexdhexaad ah, saxanka badqabka ee la geliyo mikroweefka, saxan wayn

Maacuunta: Qaadada cuntada lagu cuno,

Maaddooyinka

1 rodol oo hilibka turkey-g ah (85% ama jilicsan)

AMA 1 duqad hilib digaag ah oo caato ah

1 basal wayn, la jarjaray lagana fiiqay diirka

1 wiiqiyadood oo sabuul/galley gasacadaysan ah oo aan wax milix/cusbo ah lagu darin, la miiray lana biyo raaciyay AMA 1 koob oo sabuul/galley daray ah ama barafaysan

1 14.5 wiiqiyadood oo yaanyo shiishiid aan cusbo lagu darin oo la googooyay ah

1 15.5 wiiqiyadood oo digir madow ah oo aan cusbo lagu darin oo gasacadaysan, la miiray oo la biyo raaciyay

1/2 koob oo goosaarta hilibka duban ah

1 qaado oo toon qoyan ah, la kalaawiyay AMA

1 qaaddo oo toonta buddada ah, la jarjaray

3 banbanooni (midab kasta leh)

1/8 qaaddo oo cusbo ah

1/8 qaaddo oo filfil ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda, iyo khudaarta.
2. Hilibka Turkey-ga la shiiday laguna riday birtaabada cunto shiilida dhexdhexaad ag lehna kuleyl meel dhexaad ah ilaa binkigu dhamaanaayo. Ka saar dufanka dheeraadka ah.
3. Ku dar basal oo kari ilaa basasha ay ka jilicdo, qiyaastii 5 daqiiqo.
4. Ku dar galey, yaanyada la jarjaray, digirta madow, maraqa barbecue, iyo toonta, isku kari ilaa 10 daqiiqo adoo saaraya kulayl dhexdhexaad ah.
5. Dhanka kale, dhexda ka kala jar banbanooniga oo ka saar miraha. Ku dar xawaajiyada macaan iyo filfisha madoow. Geli saxanka badqabka ah ee mikraweerka adoo oga shubaaya biyo dhinaca laga jaray.
6. Dabool oo mikraweefka geli banbanooniga ilaa uu xooga yeelanaayo qalafsan, muddo dhan 5 daqiiqo.
7. Ka saar banbanooniga saxanka oo ku rid baaquli wayn. Qaado mari maraqa barbecue uu ku walaq banbanooniga kadib cuntada ku dar.

Macluumaadka Nafaqada:

Kalooriyada 320

Dufanka Guud 11g

Cusbada 350mg

Karbohaydaraydhka Guud 36g

Borotiinka 20g