



Doolsho Fudud oo Karooto Ka Samaysan

Xaddiga Cuntada 12 | Waqtiga diyaarinta 20 daqiiqo. | Waqtiga guud 50 daqiiqo.

Qalabka: saxanka foornada ee 9x13-inji ah, Baaquli weyn, Sufur

Maacuunta: Qaaddada birtaabada, Findhici/Istakiin, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo
1 xirmo oo dhireynta keega ah
3 ukun oo waaweyn, heerkulka qolka
1/4 koob oo suugada tufaaxa ah
1/4 koob oo saliid cadeey ah ama saliida kanola
3 koob oo karooto ah, la hoolay
1/2 qaaddo oo jows ah, la jarjaray (ikhtiyaari)
4 qaaddo oo jiiska rootiga ee kareemka leh oo dufanku ku yar yahay (ikhtiyaari)

Macluumaadka Nafaqada:

Kalooriyada 200
Dufanka Guud 11g
Cusbada 220mg
Karbohaydaraydhka Guud 20g
Borotiinka 3g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo maacuunta.
2. Ku sii kululee foornada ilaa 350 darajo xaraareed oo ku diyaari saxanka foornada ee 9x13-injiga ah adigoo ku buufinaya saliida cuntada ee birta lagu buufiyo.
3. Isku walaq dhafdhafka dhireynta keega, ukunta, goosaarta tufaaxa, iyo saliida adigoo adeegsanaya baaquli weyn oo si buuxda isugu qas, adigoo xoqaya dhinacyada saxanka ilaa ay bur laqanada maaddooyinka ay ka burburaan. Ku walaq karootada iyo jowska (haddii la isticmaalayo), ilaa inta uu ka qasmayo cajiinka oo dhan. Ku shub cajiinka saxanka foornada.
4. Dub muddo dhan 23-30 daqiiqo ama ilaa istakiin marka la geliyo dhex bartamaha uu ka soo baxo isagoo nadiif ah. Ku dad sufur dusha sare ee keega si aad uga hortagto inuu si xad-dhaaf ah u karo haddii loo baahdo.
5. Si buuxda ha ugu qaboobo keega gudaha birtaabada. Markuu keega qaboobo, kor kaga dar jiis kareem (haddii la isticmaalayo).