



Barbarooniga Farmaajada iyo Isteega Leh

Xaddiga Cuntada 6 | Waqtiga diyaarinta 25 daqiiqo. |
Waqtiga guud 1 saac 10 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Baaquliga lagu qaso cuntada oo weyn
Gasac fure
saxanka dubista oo 9x9-inji ah

Maacuunta:

Mindi
Koobabka iyo qaaddooyinka cuntada lagu cabbiro
Qaaddada cuntada lagu walaaqo

Maaddooyinka

2 ukun
1 koob oo caano-boore dufanku ku yar yihiin
1 1/2 koob oo bariis bunnii ah, la kariyay
1 koob oo farmaajo dufanku ku yar yahay, la firay
1 15 wiiqiyadood oo sabuul/galley aan milix/cusbo lagu darin oo gasacadaysan
1 basal, la jarjaray
1/2 qaaddo oo filfil ah
2 xabo oo toon qoyan ah, la kalaawiyay AMA
2 qaaddo oo toonta buddada ah
3 barbaroni oo cagaaran oo dhexdhexaad ah oo dhexda laga kala gooyay, iniinta iyo jiridana laga saaray
1 15 wiiqiyadood oo yaanyo shiishiid aan milix/cusbo lagu darin oo la jarjaray, la qallajiyay/miiray

Macluumaadka Nafaqada:

Kalooriyada 280
Dufanka Guud 7g
Cusbada 260mg
Karbohaydaraydhka Guud 39g
Borotiinka 18g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 350 darajo xaraareed.
3. Adigoo adeegsanaya baaquli weyn, isku dar ukumaha, caan-booraha aan dufanka lahayn, bariiska, farmaajada, sabuulka, basasha, barbarooniga, iyo toonta buddada ah.
4. Ku rid gabalada barbarooniga cagaaran gudaha saxanka dubista ee 9x9-injiga ah.
5. Ku gur dhafdhafka gudaha gabalada barbarooniga ilaa ay ka buuxsamaan. Ku dul shub yaanyada barbarooniyada.
6. Dub muddo dhan 40-45 daqiiqo.