



Kabashka iyo Saladhka Xawaajiga Ramen Leh

Xaddiga Cuntada 6 | Waqtiga diyaarinta 5 daqiiqo. |
Waqtiga guud 5 daqiiqo.

Qalabka:

Baaquli weyn
Baaquli yar

Maacuunta:

Fargeeto ama maacuun cuntada lagu walaaqo
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Loogu talagalay Saladhka

5 koob oo kabaash ah, la firay
2 qaaddo oo garruunje ah, la jarjaray
1 koob oo karooto ah, la firay
1/2 qaaddo oo basal baar ah, la jarjaray
1 baakad oo xawaajiga Ramen ah

Loogu talagalay Goosaarta

baakad xawaajiga Ramen ah
3 qaaddo oo khalka tufaaxa ah
1 qaaddo oo sonkor ah
2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Adigoo adeegsanaya baaquli weyn, iskugu gee kaabajka, garruunjaha, karootada, basal baarta, iyo baastada leh xawaajiga ramen ah ee aan la karin.
3. Si aad u samayso goosaarta, iskugu gee gudaha baaquliga yar baakada xawaajiga ramen, khalka, sonkorta, iyo saliida. Si fiican u walaaq.
4. Ku shub goosaarta dusha saladhka. Kawtan si ay u dahaarto. Geli firintijeerka ilaa 1 saac, ama ilaa diyaar uu ka noqdo si loo guro.

Macluumaadka Nafaqada:

Kalooriyada 150 Dufanka Guud 7g Cusbada 300mg Karbohaydaraydhka
Guud 18g Borotiinka 4g