



Isbiineej iyo Farmaajada Parmesan Maashroom la bisleeyay

Xaddiga Cuntada 12 | Waqtiga diyaarinta 10 daqiiqo | Waqtiga guud
30 daqiiqo.

Qalabka: Maro qoyan, baaquli wax lagu qaso,
xaashida la saaro burka la dubaayo

Maacuunta: Malgacada cuntada lagu
walaalo, Koobabka iyo qaaddooyinka
cuntada lagu cabbiro

Maaddooyinka

2 8 wiyiyood oo ah baakadaha maashroomka
(white ama baby bella)
1 10 wiyiyood oo ah bokis isbiineej la jarjaray ah,
barafka laga riday oo si fiican loo biyo raaciyay
1/4 koob oo farmaajada Parmesan ah
2 qaado oo saliid saytuun ah AMA saliida
khudaarta, oo lagu daray wax badan oo la mariyo
qolofyada maashroomka
1 1/2 qaaddo oo xawaaji Talyaani ah
1/4 qaaddo shaah oo cusbo ah
2 xabo oo toon qoyan ah, la kalaawiyay AMA
2 qaaddo oo toon buddo ah
1/4 koob oo jajabyada rootiga qallalan ah,
saafi ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga,
sagxadaha, maacuunta, gasacadaha korkooda,
iyo khudaarta.
2. Sii kululee foornada ilaa 400 darajo xaraareed.
3. Ka saar oo tuur qaybta hoose ee maashroomka. Nadiifi
qaybaha kore ee maashroomka oo ku nadiifi maro nadiif
ah si aad wasakhda oga saarto.
4. Ku dar isbiineej la miiray oo ku shub baaquli uu kujiro
farmaajada Parmesan, saliid, xawaash Talyaani, cusbo,
toon, iyo jajabyada rootiga. Isku qas si aad isku dhex
geliso noocaas cuntada.
5. Qaadada si siman ugu buuxi madaxyada maashroomka,
si aayar u mari saliid maashroom kasta, oo ku rid
saxanka wax lagu dubo.
6. Dub muddo 20 daqiiqo ah ilaa maashroomku
ka bislaanaayo.

Macluumaadka Nafaqada:

Kalooriyada 50
Dufanka Guud 3.5g
Cusbada 115mg
Karbohaydaraydhka Guud 4g
Borotiinka 2g