



# Cunto yar oo ka sameysan Ukun

Xaddiga Cuntada 6 | Waqtiga diyaarinta 10 daqiiqo | Waqtiga guud 28 daqiiqo.

**Qalabka:** Saxanka borka doolshaha, baaquli dhexdhexaad ah oo wax lagu qaso

**Maacuunta:** Fargeeto, ama qaaddo ama mindida wax lagu mariyo rootiga, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

Saliida cuntada ee birta lagu buufiyo  
1/2 koob farmaajo la firay ah oo dufanku ku yar tahay oo 2% ah

10 ukun oo waaweyn

1/2 qaado oo cusbo ah

1/4 qaado oo filfil ah

In dhan 1.5 koob oo ah waxyaabaha cuntada dusha looga daro oo la jarjaray ama la burburiyay:

- Isbiineej, maashroom, iyo farmaajada mozzarella, [1 koob oo ah isbiineej fireesh ah, 1/2 koob oo ah maashroom, 1/3 koob oo ah farmaajada mozzarella]
- Cagaarka Barankooliga iyo farmaajada cad [1 koob oo ah barankooli, 1/2 oo ah basal, 1/3 koob oo ah farmaajada cad]
- Yaanyo, banbanooni, basal, farmaajo [1 xabo oo ah yaanyada Roma, 1 banbanooni, 1/2 basal, 1/3 ah farmaajada cad oo la shiiday]
- Yaanyo, artichoke, iyo feta [1 xabo oo ah yaanyada Roma, 1/2 basal, 7 wiqiyadood oo ah artichoke wadnaha u eg lana miiray, 1/3 koob oo ah farmaajada feta]

## Macluumaadka Nafaqada:

Kalooriyada 170

Dufanka Guud 11g

Cusbada 400mg

Karbohaydaraydhka Guud 3g

Borotiinka 14g

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda, iyo cuntada.
2. Sii kululee foornada oo gee 375 darajo xaraareed. Diyaar saxanka Doolshaha adoo ku buufinaaya saliida lagu buuxiyo saxanka foornada.
3. Ku dar 3 qaado oo waawayn oo ah waxyaabaha korka looga daro koob kasta oo doolshe ilaa inta koobku ka buufsamaayo.
4. Ku dar farmaajada cad baaquli dhexdhexaad ah oo ah kan wax lagu qaso. Ku burburi fargeeto ilaa inta jiisku jilcaayo. Ku dar ukumo, cusbo, iyo filfil baaquliga farmaajada cad ku kujirto. Walaaq adoo isticmaalaya fargeeto ilaa waxyaabaha aad isku qaseyso ka jilcayaan.
5. Ku shub ukunta aad isku qastay koob kasta oo oo uu kujiro burka doolshaha ilaa inta koob kasta ka buuxsamaayo.
6. Dub doolshaha ukunta leh muddo 20-23 daqiiqo ah, ama ilaa qaybaha dhexe u ekaanayaan kuwo diyaar ah, geesuhuna dahabi noqonayaan. Dubitaanka haka badin hadii kale doolshuhu wuxuu noqon doonaa mid adag.
7. Meel dhig doolshaha si uu u qaboobo muddo 10 daqiiqo ah ama ilaa inta uu kuleylku ka baaba'aayo lana taaban karo. Adoo isticmaalaya qaadada fidsan ama mindida ismariska loo adeegsado geesaha doolshaha ukunta wax mari si doolshuhu u jilco. Saar saxan ama weel fidsan si uu u qaboobo. Inta soo harta geli furinjiiyeer ilaa muddo dhan 3-4 maalmood.