



# Garruunjaha Qallafsan ee Jiiska Leh

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. | Waqtiga guud 20 daqiiqo.

## Qalabka:

Looxa cuntada lagu jarjaro  
Saxanka foornada

## Maacuunta: Mindi

Koobabka iyo qaaddooyinka cuntada lagu cabbiro  
Qabato ama laba fargeeto oo lagu kawtano

## Maaddooyinka

Saliida cuntada ee birta lagu buufiyo  
2 madax oo garruunje ah, gabalo la cuni karo laga dhigay  
1/2 koob oo rooti la burburiyay  
1/2 koob oo farmaajada Parmesan ah  
1 xabo oo toon qoyan ah, la kalaawiyay AMA  
1 qaaddo oo toonta buddada ah  
2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 400 darajo xaraareed.
3. Ku buufi saxanka foornada saliida birta lagu buufiyo.
4. Ku rid garruunjahala jarjaray saxanka foornada. Ku shuuxi saliid oo ku kawtan toonta buddada ah, rootiga burbursan, iyo farmaajada Parmesan.
5. Saar saxanka foornada oo dubi muddo 18-20 daqiiqo ah, adigoo kawtamaya marka kalabarka waqtiga dubista la marayo.

## Macluumaadka Nafaqada:

Kalooriyada 190  
Dufanka Guud 11g  
Cusbada 270mg  
Karbohaydaraydhka Guud 18g  
Borotiinka 8g