



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 waaweyn oo garruunje ah, laga dhigay gabalo la cuni karo
½ koob oo rooti la burburiyay
½ koob oo farmaajada hoolan ee 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 caddey ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta iyo khudaarta.
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 korkeeda oo dub 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