



# Khudaar Isku Dhafan oo Lagu Kariyo Foornada Dusheeda

Xaddiga Cuntada 6 | Waqtiga diyaarinta 10 daqiiqo. |  
Waqtiga guud 40 daqiiqo.

## Qalabka:

Looxa cuntada lagu jarjaro  
Dheri weyn  
Saxan

## Maacuunta:

Mindi  
Qaaddooyinka cuntada lagu cabbiro  
Gasac fure  
Fargeeto  
Qaaddada cuntada lagu walaaqo  
Qaaddo yar ama qabato

## Maaddooyinka

1 qaaddo oo saliid cadeey ah  
2 shaf digaag, oo laf iyo harag toona lahayn, u kala jarjar gabalo 1-inji ah  
2 sukiini, aan la diirin oo si dhuudhuuban loo saafay  
1 bidinjaan, la diiray oo loo kala jarjaray saddex-jibbaaraneyaal 1-inji ah  
1 basal, si dhuudhuuban loo saafay  
1 barbarooni cagaar ah, u kala jarjar gabalo 1-inji ah  
1/2 rodol boqoshaa daray ah, la jarjaray

1 16 wiiyadood oo yaanyo gasacaysan oo aan cusbo lagu darin oo la googooyay

1 xabo oo toon qoyan ah, la kalaawiyay (ikhtitaari) AMA 1 qaaddo oo toonta buddada ah

2 qaaddo oo xawaaji Talyaani ah

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda, miraha, iyo khudaarta.
2. Ku kululee saliida gudaha dheri weyn. Ku dar hilib digaaga oo kari muddo dhan 6-8 daqiiqo, ilaa ay cuntadu ka karto.
3. Ka bixi hilib digaaga gudaha dheriga oo ku dar kuusada ama sukiiniga, bidinjaanka/bitinjaanka, barbarooniga cagaaran, iyo boqoshaaga. Kari muddo dhan 15 daqiiqo, adigoo marmar walaaqaya.
4. Ku dar yaanyada, toonta (haddii la isticmaalayo) iyo xawaaji Talyaaniga oo isku walaaq si aad isugu dhafto. Ku dar hilib digaag oo sii wad karinta ilaa 8 daqiiqo, ama ilaa binigaalka shafan uu ka jilco oo si fudud ay u dhex geli karto fargeetada.

### Macluumaadka Nafaqada:

Kalooriyada 160 Dufanka Guud 5g Cusbada 50mg Karbohaydaraydhka Guud 15g Borotiinka 16g