



# Hilib Digaaga La Firo

Xaddiga Cuntada 8 | Waqtiga diyaarinta 20 daqiiqo. | Waqtiga guud 45 daqiiqo.

**Qalabka:** Bacda sinyeerka leh, 3 baaquli oo dhexdhexaad ah, saxanka foornada ee 9x13-inji ah

**Maacuunta:** Mindi, Fargeeto, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

1 rodol oo shaf digaag ama hilib digaag dhaylo ah oo aan laf iyo maqaar toona lahayn ah  
1 1/2 koob oo badarka galleyda ee la firay  
3 qaaddo oo bur sarreen ka samaysan oo isqaba ama burka cad  
1/4 qaaddo shaah oo cusbo ah  
1/8 qaaddo shaah oo filfil ah  
1 qaaddo oo toonta buddada ah  
1 ukun oo weyn  
2 qaaddo oo caano dufanku ku yar yihiin ah  
Saliida cuntada ee birta lagu buufiyo

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo maacuunta.
2. Sii kululee foornada ilaa 375 darajo xaraareed. Ku buufi saxanka foornada saliida birta lagu buufiyo.
3. Ka fiiq dubka, hadduu jiro, gabalada hilib digaaga ah. Haddii aad ku hawlan tahay hilibka shaf digaaga oo waaweyn, u kala jar laba qaybood dherer ahaan si uu degdeg ugu karo. Ka jar baruur kasta oo xad-dhaaf ah.
4. Ku burburi jababka galleyda la firay bac sinyeer leh. Ku shub baaquli dhexdhexaad ah.
5. Adigoo adeegsanaya baaquli dhexdhexaad ah oo labaad, isku qas burka, milixda, filfisha iyo toonta buddada ah.
6. Adigoo adeegsanaya baaquli dhexdhexaad ah oo saddexaad, ku shub ukunta iyo caanaha. Ku xurbi fargeeto.
7. Quusi qayb kasta oo hilibka digaag kasta isku dhafan oo burka leh, kadibna dhafdhaafka ukunta leh, kadibna galleyda la firay. Qayb kasta waa in si buuxda loogu dahaaro galleyda la firay.
8. Saar qaybaha hilib digaaga ah dusha saxanka foornada ee diyaarsan, adigoo si siman ugu fidinaya. Si khafiif ah ugu buufi gabalada saliida cuntada ee birta lagu buufiyo.
9. Dub muddo 20–25 daqiiqo ilaa hilib digaagu uu ka jilco, oo uu heerkulka gudaha ka gaaro 165 darajo xaraareed.

## Macluumaadka Nafaqada:

Kalooriyada 120  
Dufanka Guud 8g  
Cusbada 150mg  
Karbohaydaraydhka Guud 8g  
Borotiinka 15g