



Saxan ka kooban Eggplant iyo Ukun la isku dubay

Xaddiga Cuntada 8 | Waqtiga diyaarinta 1 saac |
Waqtiga guud 1 saac 30 daqiiqo.

Qalabka: Xaashida alimuuniyaamka oo wayn, baaquli, xaashi suuf ah, 2 saxan oo ah kuwa go'dan

Maacuunta: Fargeeto lagu qaso Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo

1 1/2 boown oo ah eggplan

1 qaaddo shaah oo cusbo ah

2 ukun

1 1/2 koob oo rooti la burburiyay ah

4 qaaddo oo farmaajada Parmesan ah lana hoolay

1 qaaddo shaah oo toon buddo ah

2 qaaddo oo xawaaji Talyaani ah

1 koob oo yaanyo shidni ah

1 koob oo farmaajada mozzarella ah, la firay

1 16 wiqiyood oo ah bokis ay ka buuxda baastada qamadiga laga sameeyo, lana kariyay ayadoo la raacaayo tilmaamaha baakada ku dul qoran.

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda, iyo khudaarta.
2. Sii kululee foornada ilaa 375 darajo xaraareed. Dulsaar saxanka foornada ee weyn ee qarqarada oo ku buufi saliida cuntada ee birta lagu buufiyo.
3. U kala jarjar eggplan-ga sideed qaybood ah kiiba dhan yahay 3/4 inji. Saar jeexyada aad jartay baaquli adoo hoos ka gelinaaya xaashi labo laaban. Labada dhinac ee jeexyada eggplan-ga ku dul daadi cusbo. Daah muddo 30 daqiiqo ah ama ilaa dareeraha laga arki karo dusha sare ee saxanka. Biyo raaci jeexyada eggplan-ga si aad dheecaanka iyo cusbada oga saarto. Ku masax xaashi khafiif ah ahna nadiif.
4. Ku burburi ukunta baaquli go'dan oo ku qas fargeeto. Adoo isticmaalaya baaquli kale isku qas xashka rootiga, farmaajada Parmesan, toon, iyo xawaajiga Itaaliyaanka.
5. Eggplan-ga dhex geli ukumaha, adoo rogrogaaya si ukuntu u qabsato labada geesba. Kadib dhex geli xashka rootiga ee la isku qasay, adoo rogrogaaya si aad u hubiso in gees kasta ee eggplan-gu buuxsamo. Dulsaar saxanka foornada ee cuntada lagu dubo. Isla sida aad sameysay ku samee jeexyada eggplan-ga ee haray si aad u dhameeyso.
6. Kor eggplan-ga aad diyaarisay ku buufi saliida lagu buufiyo waxyaabaha la dubaayo si aysan ugu dhegin saxanka.
7. Dub muddo 12 ilaa 15 daqiiqo ah ama ilaa qaybaha kore ay si fiican u noqonayaan baroown. Rog jeexyada eggplan-ga oo dub muddo 12 ilaa 15 daqiiqo oo dheeraad ah ama ilaa inta midabka baroown yeelanayaan ayna jilcayaan.
8. Ka saar foornada. Kordhi heerkulka foornada oo ka dhig 400 digrii. Jeex kasta oo eggplan-ga ah ku dul shub 2 daaqo oo ah maraqa yaanyada. Jeex kasta oo eggplan-ga ah si siman kugu dul firdhi farmaajada xashka camal ah. Dub muddo 8 ilaa 10 daqiiqo oo dheeraad ah ama ilaa inta farmaajadu ka yeelaneyso muddo baroown ah.
9. Sii dadka adoo dulsaaraya baasta qamadiga laga sameeyay.

Macluumaadka Nafaqada:

Kalooriyada 420 Dufanka Guud 9g Cusbada 790mg Karbohaydaraydhka
Guud 70g Borotiinka 19g