



Biisooyinka Yaryar

Xaddiga Cuntada 8 | Waqtiga diyaarinta 10 daqiiqo. |
Waqtiga guud 30 daqiiqo.

Qalabka:

Saxanka foornada

Looxa cuntada lagu jarjaro

Khudaar-hoole

Digsiga maraqa oo dhexdhexaad ah

Maacuunta:

Mindi

Qaaddada cuntada lagu walaaqo

Qaaddada maraqa

Maaddooyinka

2 koob oo yaanyo shidni ah

1 sukiini oo dhexdhexaad ah, la jarjaray

1 1/2 qaaddo oo xawaaji Talyaani ah AMA Xawaaji Talyaaniga Celebrate Your Plate

1 koob oo isbinaaj daray ah, si siman loo jarjaray

4 doolshe Ingiriisi oo heed ka samaysan AMA 4 bur oo foolyo leh oo heed ka samaysan, oo laba qayb loo kala jaray

1 koob oo farmaajada mozzarella ah, la firay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 400 darajo xaraareed. Ku diyaari doolshe Ingiriisiga ama gabalada burka foolyada leh saxanka foornada dushiisa oo dub 15 daqiiqo ama ilaa uu ka qallafo.
3. Marka la solo doolshe Ingiriisigu ama gabalada burka foolyada leh, ku rid yaanyo shidnida, sukiiniga la firay, iyo xawaaji Talyaaniga gudaha birtaabada maraqa oo dhexdhexaad ah. Maraqa ha ku iiro kul dhexdhexaad ah oo ku walaq isbinaajka la jarjaray.
4. Marka la solo doolshe Ingiriisigu ama gabalada burka foolyada leh, ku dar 3 qaaddo oo yaanyo shidni ah midkiiba oo si siman ugu faafi dhinaca dambe adigoo qaaddo adeegsanaya.
5. Ku rushee farmaajada mozzarella dusha yaanyo shidnida oo dub 8-10 daqiiqo ama ilaa farmaajadu ka dhalaalayso.

Macluumaadka Nafaqada:

Kalooriyada 130 Dufanka Guud 7g Cusbada 230mg Karbohaydaraydhka
Guud 18g Borotiinka 7g