



Asbeerjada Booraysan ee Farmaajada Parmesan Leh

Xaddiga Cuntada 6 | Waqtiga diyaarinta 10 daqiiqo. | Waqtiga guud 20 daqiiqo.

Qalabka: Saxanka foornada ee weyn, sufurka, 3 saxan oo godan, Baaquli yar oolagu shubo suugada marinara (haddii la isticmaalayo)

Maacuunta: Mindi, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo

1/2 koob oo bur cad ah

1 qaaddo shaah oo toon buddo ah

1/4 qaaddo shaah oo filfil ah

2 ukun

1/4 qaaddo shaah oo cusbo ah

3/4 koob oo rootiga burbursan ee panko ah

1/2 koob oo farmaajada Parmesan ah

1 rodol oo asbeerjo ah

1 qaaddo oo kajab ah (ikhtiyaari)

Macluumaadka Nafaqada:

Kalooriyada 170

Dufanka Guud 5g

Cusbada 370mg

Karbohaydaraydhka Guud 22g

Borotiinka 9g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda, iyo khudaarta.
2. U diyaari biraha rakooyinka leh ee foornada qaab ay ugu aadaan dhex bartamaha iyo qaybta labaad ee ugu hooseeya ee foornada. Sii kululee foornada ilaa 425 darajo xaraareed. Dulsaar saxanka foornada ee weyn ee qarqarada leh sufur oo ku buufi saliida cuntada ee birta lagu buufiyo.
3. Ku rid burka, toonta buddada ah, iyo filfisha baaquliga godan oo isku walaaq si aad isugu qasto. Adoo adeegsanaya saxanka labaad oo godan, isku walaaq ukunta iyo milixda ilaa si fiican isugu qasmaan. Adigoo adeegsanaya saxanka saddexaad ee godan, isku dar burka burbursan iyo farmaajada Parmesan.
4. Dhaq asbeerjada oo ka jar cirifyada adag. Adigoo kolba dhowr qaybood ku hawlan markiiba, asbeerjada dhex quusi burka, kadibna dusha ka mari dhafdhafka ukunta, oo ku dul dilaandili dhafdhafka burka burbursan/farmaajada Parmesan. Ku diyaari asbeerjada dusha saxanka foornada iyagoo xoogaa isku jira oo goobo bannaan u dhexeeyaan qayb kasta.
5. Dulsaar saxanka foornada rakada ku taala qaybta hoose ee barka ah ee foornada oo dub muddo 10 daqiiqo ah. Hubi in asbeerjady ay qallafsan tahay oo dahabi noqotay, ama u daa foornada 3-5 daqiiqo oo kale. Gur isla markiiba.
6. Kululee kajabka, haddii aad isticmaalayso, oo la gur asbeerjada si aad ugu daardarato.