



Jibsiga Sabayada Tortilla

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

Qalabka:

Saxanka foornada
Tiish

Maacuunta:

Mindi

Maaddooyinka

Saliida birta lagu buufiyo
6 8-inji sabaayada tortillas oo sarreen
Cusbo (ikhtiyaari)

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo maacuunta.
2. Sii kululee foornada ama mashiinta rootiga lagu solo ilaa ay ka gaarto 400 darajo xaraareed. Haddii aad isticmaalayso foornada caadiga ah, ku rid raarta foornada booska dhexe.
3. Si khafiif ah u mari saliid saxanka foornada saliida cuntada ee birta lagu buufiyo.
4. U kala jar sabaayadaha tortillas 8 jeex oo siman oo ku dul fidi saxanka foornada. U kari jeexyada sabaayada tortilla qayb-qayb ahaan beddelkii aad is dul saari lahayd si aad u hubiso in ay si siman u karaan.

FIIRO GAAR AH: Foornada caadiga ah, ku kari hal saxaarad oo kaliya markiiba. Haddii aad kariso wax ka badan hal saxaarad markiiba, saxaarada ugu dhow kululeeyaha ee ku jirta foornada ayaa guban doonta.

5. Ku buufi sabaayadaha tortillas dushooda saliida cuntada ee birta lagu buufiyo iyo cusbo yar, haddii la rabo.

6. Dub muddo dhan 8-12 daqiiqo ay ka qallafto ama ka yara bislaato. Si dhow ulasoco si aysan jjabku u gubanin.
7. Soo bixi saxanka foornada oo si buuxda ugu dul qabooji tiishyada. Haddii jabbka sabaayada ah aysan si buuxda u qaboobin ma noqon doonaan kuwo qallafsan.

Macluumaadka Nafaqada:

Kalooriyada 140 Dufanka Guud 3.5g Cusbada 300mg
Karbohaydaraydhka Guud 25g Borotiinka 4g