



# Kabash lagu daro xawaajiyo oo la dubo

Xaddiga Cuntada 8 | Waqtiga diyaarinta 5 daqiiqo |  
Waqtiga guud 35 daqiiqo.

**Qalabka:** Saxanka foornada, xaashida alumuuniyaamka, Baaquli yar

**Maacuunta:** Mindi way, Fargeetada wax lagu walaaqo, Qabato ama Qaadada Fidsan, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

1 madax oo kaabash ah

1/4 qaaddo saliid saytuun ah AMA saliida cuntada ah

4 xabo oo toon qoyan ah, la kalaawiyay AMA 4 qaaddo oo toonta buddada ah

3/4 qaaddo oo babariika ah

1 1/2 qaaddo oo basal buddo ah

1/2 qaado oo banbanooniga cassaanka ah AMA basbaas qaji (ikhtiyaari)

1/8 qaaddo oo cusbo ah

1/2 koob oo farmaajada Parmesan ah

2 1/2 qaaddo oo biyaha liinta ah (qiyaastii 1 liin ah) (ikhtiyaari)

# Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 400 darajo xaraareed. Diyaari saxanka doornada oo saar xaashida alumuuniyaamka.
3. Dabada ka jar madaxa kabashka. Si jeexjeex ah u jar kabashada adoo dhexda ka jaraaya. Jeex kasta si siman adoo ka dhigaaya 4 jeex oo siman guud ahaana noqonaysa 8 jeex guud ahaan.
4. Adoo isticmaalaya baaquli yar, isku walaaq saliida, toonta, basbaaska paprika, budada basasha, iyo banbanooniga cas/basbaas qajiga (haddii aad isticmaalayso), iyo farmaajada Parmesan. Dhig kabashka geesaha saxanka foornada oo qaado ku qaad isku darka farmaajada adoo ku shubaaya geesaha saxanka.
5. Dub muddo 20 daqiiqo ah kadib rog geesaha. Dub 10-15 daqiiqo oo kale ama ilaa geesuhu dahabi noqonayaan. Ku gabagabee adoo ku firdhinaaya biyaha liinta (haddii aad isticmaalayso) kahor inta aadan cunin.

## Macluumaadka Nafaqada:

Kalooriyada 130 Dufanka Guud 9g Cusbada 180mg

Karbohaydaraydhka Guud 11g Borotiinka 4g