



Ulaha Rootiga ee Bocorka Kidfan ee Farmaajada Leh

Xaddiga Cuntada 5 | Waqtiga diyaarinta 20 daqiiqo. |
Waqtiga guud 1 saac 30 daqiiqo.

Qalabka:

Saxanka foornada ama digsigta foornada oo dhex godan leh
Baaquliga lagu qaso cuntada oo weyn
Saxanka ama marada farmaajada lagu ridqo
Saxanka foornada
Sufur

Maacuunta:

Mindi Weyn
Fargeeto
Qaaddo
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

1 bocorka la kidfo ah oo dhexdhexaad ah, la kala dhambalay iyo iniinta laga saaray
1 qaaddo oo saliid saytuun ama saliid cadeey ah
 $\frac{1}{4}$ qaaddo oo cusbo ah
 $\frac{1}{4}$ qaaddo oo filfil ah
2 xabo oo toon qoyan ah, la kalaawiyay ama 2 qaaddo oo toonta buddada ah
1 1/2 qaaddo oo xawaaji Talyaani ah ama Isku-dhafka Xawaaji Talyaaniga
Celebrate Your Plate
 $\frac{1}{2}$ koob oo farmaajada Parmesan oo la yaryareeyay
 $\frac{1}{4}$ koob oo warango ah
3 koob oo farmaajada mozzarella ah oo la jarjaray, la kala qeybiyay (1 koob oo lagu qaso cajiinka, 2 koob oo laga dhigo koosarta)
2 ukun oo waaweyn
Saliida cuntada ee birta lagu buufiyo
1 koob oo sooska marinara ah, daardarasho loogu talagalay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 400 darajo xaraareed. Ku rid kala barka bocorka kidfan gudaha xaashida dubista ee dhumucda weyn. Saliid ku daadi dhinacyada jarjarka bocorka kidfan oo ku dhiree cusbo iyo basbaas. Dhalan rog bocorka si ay kala baryadu ugu furmaan dhinac-hoos gudaha xaashida dubista. Dub ilaa uu ka jilco, 35 ilaa 40 daqiiqo.
3. Marka bocorka kidfan ay ka harsan tahay 10 daqiiqo si loo dubo, billow diyaarinta maaddooyinka kale. Cabbir oo ku shub toonta, xawaaji Talyaaniga, farmaajada Parmesan, warangada galleyda, iyo 1 koob oo farmaajada mozzarella ah baaquli weyn. Isku qas si aad isugu darto.
4. Kadib marka bocorka kidfan aad ka soo bixiso foornada, kordhi heerkulka foornada ilaa 425 darajo xaraareed.
5. Marka bocorka kidfan uu xoogaa qabobo, isticmaal fargeeto si aad u kala bixiso xadkhaha bocorka adigoo xoqaya bocorka oo dhan oo u jiidaya dhinacyada xadkhaha u eg baastada. Adigoo isticmaalaya marada farmaajada lagu ridqo ama istaraashada saxamada, ka marooji qoyaanka xad-dhaafka ah bocorka la soo dhuray ee gudaha ku jira.
6. Ku wareeji bocorka kidfan baaquliga weyn ee ay ku jiraan dhafdhaafka maaddooyinka. Ku dar ukunta oo walaq ilaa si buuxda isugu qasmaan.
7. Ku hagaaji saxanka foornada oo leh sufur oo ku buufi wax yar oo saliida cuntada ee birta lagu buufiyo. Ku wareeji “cajiinka” xaashida dubista oo ku dheji qolof rooti dhuuban oo leydi ah. Dub ilaa dahabi ka noqoto oo ay engeeto, ilaa 25 daqiiqo.
8. Ku rushee 2 koob oo farmaajada mozzarella ee soo hadhay oo dub ilaa farmaajadu ka dhalaasho, qiyaastii 8 ilaa 10 daqiiqo oo dheeraad ah.
9. Dadab ahaan laba qayb ugu kala goo, kadibna u jarjar ulo ballaaran oo 2-inji aha ahaan oo ku dar sooska marinara.

Macluumaadka Nafaqada:

Kalooriyada 440 Dufanka Guud 21g Cusbada 780mg
Karbohaydaraydhka Guud 42g Borotiinka 23g