



# Bocorka La Firay iyo Farmaajada Ulaaha ah

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

## Qalabka:

Saxanka foornada ama digsiiga 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 ah AMA saliid cadeey ah  
1/4 qaaddo oo cusbo ah  
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 Xawaaji Talyaaniga Celebrate Your Plate  
1/2 koob oo farmaajada Parmesan ah  
1/4 koob oo warango ah  
3 koob oo farmaajada mozzarella oo la jarjaray, la kala qeybiyay (1 koob oo lagu qaso cajiinka, 2 koob oo loogu talagalay koosaarta)  
2 ukun oo waaweyn  
Saliida cuntada ee birta lagu buufiyo  
1 koob oo sooska marinara ah, daardaarasho loogu talagalay

## Macluumaadka Nafaqada:

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

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 400 darajo xaraareed. Ku rid gabalada bocorka kidfan saxanka foornada ee weyn. Ku shuuxi saliid dhinacyada la jarjaray ee bocorka kidfan iyo mari cusbo iyo basbaas. Rog bocorka si laba qaybood oo furan dhankooda hoose u fuulo saxanka dubista. Dub ilaa ay cuntadu ka jilicdo, 35 ilaa 40 daqiiqo.
3. Marka bocorka kidfan ay ka harsan tahay 10 daqiiqo si loo dubo, billow diyaarinta maaddooyinka kale. Cabbiro 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 qabobo, isticmaal fargeeto si aad u kala bixiso xadhkaha bocorka adigoo xoqaya bocorka oo dhan oo u jiidaya dhinacyada xadhkaha 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 dhafdhafka maaddooyinka. Ku dar ukunta oo walaq ilaa si buuxda isugu qasmaan.
7. Dulsaar saxanka foornada sufur oo mari wax yar oo saliida cuntada ee birta lagu buufiyo ah. Ku wareeji "cajiinka" saxanka foornada oo ku dheji qolfoof dhuuban oo leydi ah. Dub ilaa uu ka bislaado oo ka engago, qiyaastii 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.