



Ukunta iyo Khudaarta Ku Jira Baaquliga

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. | Waqtiga guud 25 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Birtaabada cunto shiilida ee cuntadu ku dhagin ee weyn

Maacuunta:

Mindi
Koobabka iyo qaaddooyinka cuntada lagu cabbiro
Qaaddo yar ama fandhaal

Maaddooyinka

- 1 rodol duqad hilib caato ah (hibibka doofaarka, digiiranka, digaaga, ama lo'da)
- 2 qaaddo oo saliid macsaro ah AMA saliid saytuun ah
- 1 basal, la googooyay
- 1 barbarooni (cas, jaalle, ama cagaaran), si dhuudhuuban loo saafay
- 2 xabo oo toon qoyan ah, la kalaawiyay AMA
- 2 qaaddo oo toonta buddada ah
- 1 qaaddo oo sanjabiil buddo ah (ikhtiyaari)
- 1/3 qaaddo oo waxyar oo suugada soybeeska ah
- 1 16 wiqiyadood oo bac koola saladh isku qasan ah AMA 4 koob oo kabaaj cagaaran ah oo daray ah, si fiican loo saafay
- 1 karooto, si fiican loo hoolay

Goosaarta ikhtiyaariga ah:

Shidniga basbaaska leh ee Sriracha, basal bar, sisin, baasto dhaadheerta chow mein

Macluumaadka Nafaqada:

Kalooriyada 370
Dufanka Guud 24g
Cusbada 870mg
Karbohaydaraydhka Guud 14g
Borotiinka 25g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Ku rid hilibka ridqan birtaabada cunto shiilida ee weyn adigoo dul saaraya dab dhexdhexaad ah. Adigoo isticmaalaya fandhaal ama qaaddo yar, burburi hilibka oo ka dhig caddad yaryar. Si buuxda u kari hilibka iyo ilaa midabka casuuska ah ka baxayo. (Haddii loo baahdo, miir ama qallaji oo qub dareeraha cuntada).
3. Isla birtaabada cunto shiilida, ku dar basasha iyo barbarooniga. Sii wad wax karinta, adigoo u walaaqaya si joogto ah, ilaa khudaarta ay ka jilicdo, qiyaastii 5 daqiiqo.
4. Ku dar saliid, toonta, goosaarta soybeeska, koola saladhka, karootada, iyo sinjibiisha (haddii la isticmaalayo), birtaabada cunto shiilida. Sii wad cunto karinta 5-7 daqiiqo, adigoo u walaaqaya si joogto ah.
5. Ka qaad dabka birtaabada cunto shiilida, si siman cuntada ugu kala qeybi 4 saxan, oo ku dul dar goosaarta.