



# Kabashka iyo Saladhka Xawaajiga Ramen Leh

Xaddiga Cuntada 6 | Waqtiga diyaarinta 5 daqiiqo. | Waqtiga guud  
5 daqiiqo.

## Qalabka:

Baaquli weyn  
Baaquli yar

## Maacuunta:

Fargeeto ama maacuun cuntada lagu walaaqo  
Koobabka iyo qaaddooyinka cuntada lagu  
cabbiro

## Maaddooyinka

### *Loogu talagalay Saladhka*

5 koob oo kabaash ah, la firay  
2 qaaddo oo garruunje ah, la jarjaray  
1 koob oo karooto ah, la firay  
1/2 qaaddo oo basal baar ah, la jarjaray  
1 baakad oo xawaajiga Ramen ah

### *Loogu talagalay Goosaarta*

baakad xawaajiga Ramen ah  
3 qaaddo oo khalka tufaaxa ah  
1 qaaddo oo sonkor ah  
2 qaaddo oo saliid saytuun ah AMA saliid  
cadeey ah

## Macluumaadka Nafaqada:

Kalooriyada 150  
Dufanka Guud 7g  
Cusbada 300mg  
Karbohaydaraydhka Guud 18g  
Borotiinka 4g

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Adigoo adeegsanaya baaquli weyn, iskugu gee kaabajka, garruunjaha, karootada, basal baarta, iyo baastada leh xawaajiga ramen ah ee aan la karin.
3. Si aad u samayso goosaarta, iskugu gee gudaha baaquliga yar baakada xawaajiga ramen, khalka, sonkorta, iyo saliida. Si fiican u walaaq.
4. Ku dul dar goosaarta dusha saladhka. Kawtan si ay u dahaarto. Geli firintijeerka ilaa 1 saac, ama ilaa diyaar uu ka noqdo si loo guro.