



# Kabaash-yaraha Lagu Dubo Khalka Madow

Xaddiga Cuntada 6 | Waqtiga diyaarinta 10 daqiiqo. | Waqtiga guud 35 daqiiqo.

**Qalabka:** Saxanka foornada, Sufur, Baaquli weyn

**Maacuunta:** Mindi, Fargeeto ama xurbin, Qabato, Qaaddo, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

## Maaddooyinka

2 rodol oo Kabaash-yare ah  
4 qaaddo oo goosaarta khalka madow ah, la kala qeybiyay  
3 qaaddo oo saliid saytuun ah AMA saliid cadeey ah  
3 xabo oo toon qoyan ah, la ridqay AMA  
3 qaaddo shaah oo toonta buddada ah  
1 qaaddo shaah oo cusbo ah  
1/4 qaaddo shaah oo filfil ah  
1/3 koob oo karamberri la qallajiyay ah oo sonkortu ku yar tahay

## Macluumaadka Nafaqada:

Kalooriyada 190  
Dufanka Guud 11g  
Cusbada 520mg  
Karbohaydaraydhka Guud 22g  
Borotiinka 5g

## Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 450 darajo xaraareed. Dulsaar saxanka foornada ee qarqarada leh sufur oo meel dhig.
3. Dhaq Kabaash-yaraha oo goo'goo mid kasta adigoo ka jaraya qayb yar dhammaadka dambe oo iska tuuraya caleemaha bunniga ah; u kala jar kabaaj-yare kasta laba qeybood, dherer ahaan. Haddii kabaaj-yaruhu aad u yaryar yahay, ha kala jarin. Haddii uu kabaaj-yaraha waaweyn yahay, u kala jar afar qeybood.
4. Adigoo adeegsanaya baaquli weyn, isku xurbi 3 qaaddo oo goosaarta khalka madow ah iyo saliid, toon, milix, iyo basbaas. Ku rid Kabaash-yaraha baaquli oo si tartiib ah u walaq si aad ugu dahaarto. Ku qub Kabaash-yaraha saxanka foornada ee diyaarsan oo u kala sooc lakab-lakab.
5. Kari ilaa 10 daqiiqo, walaq oo rog Kabaash-yaraha. Dub 10 ilaa 15 daqiiqo oo kale ilaa inta qaybta sare ee kabaash-yaraha uu ka qallafayo oo gudaha ka jilcayo. Ku shuuxi 1 qaaddo oo goosaarta khalka madow ah ee soo haray oo ku rushee karamberriga la qallajiyey; si tartiib ah u kawtan si ay isugu qasmaan. Gur isla markiiba.