



Shakshuukada Khudaarta Leh (Frittata)

Xaddiga Cuntada 9 | Waqtiga diyaarinta 10 daqiiqo. |
Waqtiga guud 45-55 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro

8" ama 9" saxanka haafka ama 8" ama 9" saxanka dubist afar-geeska ah

Baaquli dhexdhexaad ah

Maacuunta:

Mindi

Fargeeto ama xurbin

Koobabka cuntada lagu cabbiro

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo

8 ukun oo waaweyn

¼ qaaddo oo basbaas ah

¼ qaaddo oo buddada toonka ah

2 koob oo Shakshuukada Khudaarta saaxiibta la ah oo loo jarjaray qaybo

½ inji ah: (Galley, garruunje la jarjaray, dhalo-cadde, sukiini, boqoshaa, isbinaajka yaryar ama kabaashka kale oo la firay)

1/2 koob oo farmaajada adag ee la firay

1/4 koob oo geed-dhireed daray ah oo la jarjaray (geed-adari, kabsar caleen, xawaaji buurbuur) ama 1 qaaddo oo geed-adari ah ama sactar la qallajiyay ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta iyo khudaarta.
2. Sii kululee foornada oo gee 350 darajo xaraareed. Si khafiif ah ugu buufi birtaabada dubista saliida cuntada ee birta lagu buufiyo.
3. Ku jebi ukunta gudaha baaquliga, ku dar basbaaska iyo budada toonta oo isticmaal fargeeto ama xurbin si aad ukunta u garaacdo ilaa ay jaalle barax ka noqoto.
4. Ku dar khudaarta, farmaajada, iyo geedo-dhireedyada oo isku qas.
5. Ku shub dhafdhafka birtaabada dubista kadibna birtaabada geli foornada.
6. Dub muddo dhan 35 ilaa 45 daqiiqo ilaa qaybta sare ay ka guduudato ama ka bislaato oo ukunta si fiican isku dhex gasho si aysan u noqon mid jilicsan.

Macluumaadka Nafaqada:

Kalooriyada 100 Dufanka Guud 6g Cusbada 100mg
Karbohaydaraydhka Guud 2g Borotiinka 8g