



Shakshuukada Khudaarta Leh (Frittata)

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

Qalabka:

Looxa cuntada lagu jarjaro
Digsi yar ama 9" digsi dubista oo laba jibbaaran

Maacuunta:

Mindi
Fargeeto ama xurbin
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo
8 ukun oo waaweyn
1/4 qaaddo oo filfil ah
1 xabo oo toon qoyan ah, la kalaawiyay AMA
1 qaaddo oo toonta buddada ah
2 koob oo khudaar ah (sabuul, garruunje, tufaax, sukiini, boqoshaa, isbinaaj yaryar, isbinajka kale oo la firay, iwm.), loo jarjaray gabalo 1/2 inji ah
1/2 koob oo farmaajada adag ah, la firay
1/4 koob oo geed-dhireed daray ah (riixaan, baqdoonis, xawaaji buurbuur), la jarjaray AMA
1 qaaddo oo riixaan ama sactar la qallajiyay ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 350 darajo xaraareed. Si khafiif ah ugu buufi birtaabada doolshada ama saxanka dubista saliida cuntada ee birta lagu buufiyo.
3. Jebi ukumaha oo ku shub baaquli. Ku dar filfil iyo toon buddo ah.
4. Isticmaal fargeeto ama xurbin si aad u garaacdo ukunta ilaa ay ka noqdaan jaalle barax ah. Ku dar khudaarta, farmaajada, iyo geed-dhireedyada. Isku qas si aad isugu darto.
5. Ku shub dhafdhafka birtaabada doolshada ama saxanka dubista, kadibna 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