



Khudaarta Sabaayada

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

Qalabka:

Looxa cuntada lagu jarjaro

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Gasac fure

Shaqshaq/Miire

Birtaaba (10 inji, wareegsan)

Maacuunta:

Mindi

Qaaddo yar

Maaddooyinka

2 qaaddo oo saliid ah, kanoola, ama saliid cadeey

2 koob oo khudaar la jarjaray ah (Doro khudaar kasta oo ku jirta dhireynta ama wax kasta oo aad markaas gacanta ku haysato. Waxaan kuu soo jeedinaynaa: sukiini, garuunje, barbarooniga macaan, basasha, ama isbinaajka)

Saliida cuntada ee birta lagu buufiyo

4 8-inji sabaayadaha tortillas ah oo sarreen ka samaysan

1 koob oo digir madow oo gasacadaysan, la miiray lana biyo raaciyay

1 koob oo farmaajada adag oo dufanku ku yar yahay ah oo la firay

1/2 koob oo iidaan ah, cuntada lala guro

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta iyo khudaarta.
2. Ku shu saliida birtaabada 10-inji ah ee aan saliida ku dhegin oo ku kululee dab dhexdhexaad ah ilaa saliiddu ay dhalaalayso oo ay si milan ah ugu daadanayso sida biyaha oo kale.
3. Ku shub khudaarta digsigaa oo kari muddo dhan 4-6 daqiiqo, adigoo marmar walaaqaya, ilaa ay cuntadu ka jilicdo. Deji birtaabada oo dhinac u dhig.
4. Si aad u diyaariso sabaayada quesadilla, saar sabaayada tortilla sagxad nadiif ah dusheeda. Dul saar qayb kasta oo sabaayada tortilla ka mid ah 2 qaaddo oo farmaajo ah, 1/4 koob oo digir madow ah, iyo 1/4 oo khudaarta la kariyay ah. Ku rushee 2 qaaddo dheeraad ah oo farmaajo ah. Ku laab qaybaha maran ee sabaayadaha tortilla fooliyada dusheeda si aad uga samayso qaab dayax badhkii ah.
5. Si fudud ugu dahaar birtaabada saliida cuntada ee lagu buufiyo. Isa saar 2 xabo sabaayada quesadilla adigoo adeegsanaya bartamaha birtaabada, iyadoo dhinacyada laalaaban ay is-taabanayaan. Ku kari dab dhexdhexaad ah muddo dhan 2-3 daqiiqo, ama ilaa qaybaha hoose ee sabaayadaha tortilla ay ka bilaabaan inay bislaadaan.
6. Si taxaddar leh u rog sabaayad khudaareed (quesadilla) kasta. Kari muddo dhan 2-3 daqiiqo oo dheeraad ah, ama ilaa farmaajadu ka dhalaasho oo salka hoose ee sabaayadaha tortilla ay ka bislaato.
7. Ku celi tallaabooyinka 4-aad iyo 5-aad si aad u kariso 2 xabo sabaayadaha quesadillas ah ee soo hadhay.
8. U kala jar sabaayad khudaareed (quesadilla) kasta afar saddex geesle. La gur iidaanka.

Macluumaadka Nafaqada:

Kalooriyada 320 Dufanka Guud 10g Cusbada 710mg Karbohaydaraydhka
Guud 41g Borotiinka 17g