Saladh Laga sameeyo Qajaar oo la sameeuo Xagaaga

Seasonal and Simple

Barnaamijka Wacyigelinta dadweynaha ee University of Missouri

Waxyaabaha ay ka kooban yihiin:

- 1 qaado oo saliid saytuun ah, canola ama saliida khudaarta
- 1 basal yar, oo la jarjaray
- 2 squash-ka xagaaga ee jaalaha ah (ama 1 squash xagaaga oo weyn), la jarjaray
- 2 qajaar yaryar (ama 1 qajaar weyn), la jarjaray
- 1 qasac oo milix ah oo aan lagu darin yaanyada Talyaaniga la jarjaray (14.5 oz.)
- ¼ qaado oo toon buddo ah
- Cusbo iyo basbaas u yeelaya dhadhan (waa ikhtiyaar)
- 2 qaado oo jiiska Parmesan ah (dusha uga daadi)

Tilmaamaha:

1. Adoo adeegsanaya birwaaqo wayn, kululee saliida.
2. Ku dar basal, qajaarka jaalaha aj iyo qajaarka caadiga ah. Ku kari dab meel dhexdhexaad ah ilaa ay ka jilcayaan, muddo 10 daqiiqo ah, adoo walaaqaya.
3. Ku dar yaanyo oo kari muddo 5 daqiiqo ah.
4. Ku dar toonta buddada ah. Ku dar cusbo iyo banbanooni haddii aad dooneyso.
5. Bixi cuntada oo kuleyl ah, adoo dusha ka saaraya jiiska Parmesan.

Ilaha: seasonalandsimple.info