Maraq Laga sameeyo Hilibka Digaaga Teriyaki

Waxyaabaha ay ka kooban yihiin:

- 2-3 hilibka naaska digaaga
- ½ koob oo suugo soy ah oo leh cusbo yar
- ½ qaado oo ah sanjabiil shiidan
- 1 xabo oo toon ah, la burburiyay ama ½ qaado oo toon buddo ah
- ½ koob oo biyo ah
- 2 qaado oo sonkor ah
- 1 basal wayn, la jarjaray
- 1-2 banbanooni cagaaran ah, la jarjaray
- 1 koob oo mushroom ah oo la jarjaray
- 2 qaado oo galeey ah
- 2 qaado oo biyo ah
- Bariis kulul oo la kariyay

Eeg tilmaamaha xagga dambe ku yaala.

Isha: https://extension.usu.edu/createbetterhealth

Maraq Laga sameeyo Hilibka Digaaga Teriyaki sii socota

Tilmaamaha:

1. Hilibka digaaga u kala jar jeexyo 1-inji dhan.
2. Ku dar maraq sooyga, sanjabiil, toon, ½ koob oo biyo ah, sonkor oo ku shub baaquli yar.
3. Ku dar hilibka digaaga oo uumi muddo 30-60 daqiiqo ah.
4. Adoo adeegsanaya kuleyl dhexdhexaad ah-mid aad u sareeya, ku walaaq hilibka digaaga aad dubtay biyo ama maraq ilaa uu ka bislaanaayo.
5. Ka saar digsiga oo qandaci.
6. Ku dar khudaar digsiga oo walaaq ilaa ay ka jilcaayo kana bislaanaayo.
7. Dib ugu dar digaaga digsiga. Isku dar cornstarch-ka iyo biyaha kadibna ku dar digsiga, adoo karinaaya ilaa uu ka adkaanaayo.
8. Ku cun bariis kulul.

Ku raaxeysto samaynta cuntadan caafimaadka iyo macaanka leh!

Booqo **marc.org/kcfresh** si aad u hesho xog dheeraad ah iyo noocyo cunto.

KC Fresh Rx