

Mapishi ya Pilau Ya Samaki Wa Tuna Na Mboga

By SW - Melkisedeck Shine · October 14, 2022

Dondoo za Mapishi na Lishe · Upishi na Maandalizi ya Milo yenye Afya · #Karibu AckySHINE

Mahitaji

Mchele - 2 Mugs

Mboga mchanganyiko za barafu (Frozen veg) - Mug

Tuna (samaki/jodari) - 2 kopo

Kitunguu saumu(thomu/galic) na tangawizi -2 vijiko vya supu

Garam masala - 1 kijiko cha supu

Nyanya - 2

Kitungu maji - 1

Mdallasini nzima - 2 vijiti

Karafuu - 6 chembe

Pilipili mbichi - 1

Chumvi - kiasi

Viazi - 3

Mafuta - 3 vijiko vya supu

Maandalizi