

Read Salades Complètes Les Plus Faciles Du Monde Le Livre En Ligne PDF EPUB Mobi- Jean-François Mallet



Read Salades complètes les plus faciles du monde Jean-François Mallet le livre en ligne PDF EPUB mobi, Cet ouvrage propose 45 recettes simplissimes pour faire d'une salade un repas complet, sain, équilibré mais avant tout gourmand. Des salades pour un pique-nique, pour le déjeuner au bureau devant son ordi, pour un déj' entre copines ou pour un diner à préparer en 5 min chrono.

Il y en a pour tous les goûts des salades veggie, des salades à base de viande ou à base de poisson. Des salades surtout qui changent de la tomate/mozza/basilic avec pour chacune la petite touche d'originalité de Jean-François Mallet dans la composition, les textures ou la sauce.

Quelques exemples pour vous mettre l'eau à la bouche : salade croustillante au bœuf, salade de poulet rôti aux chips, salade d'encornets aux pois chiches, taboulé à la pastèque, salade aux ravioles, salade de haricots rouges aux myrtilles.

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