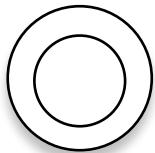
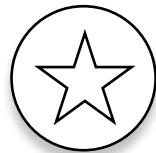
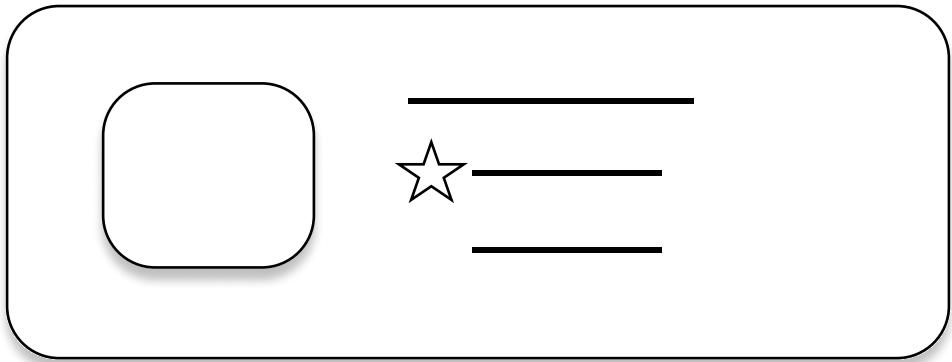
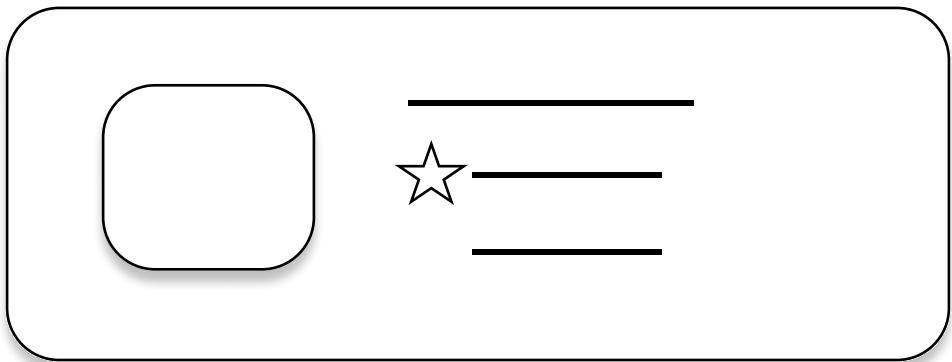
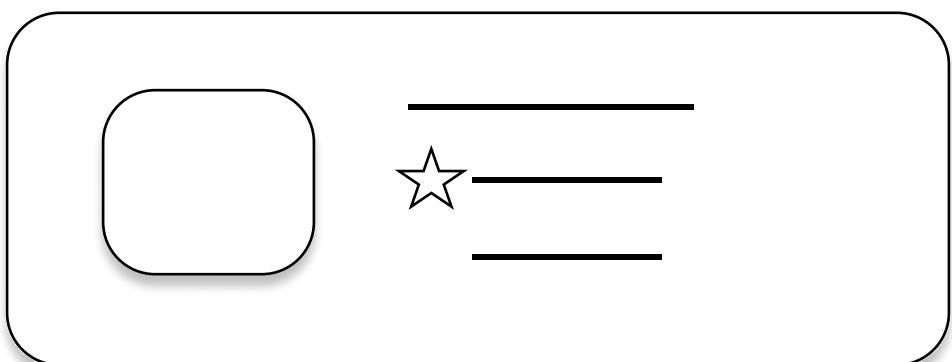
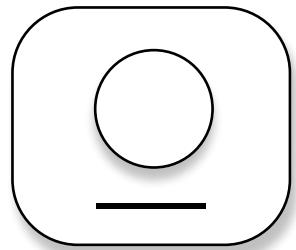
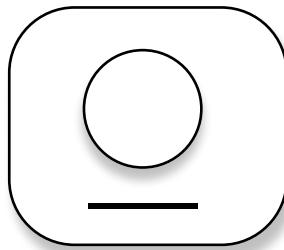
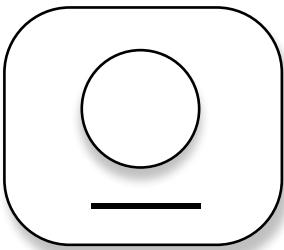
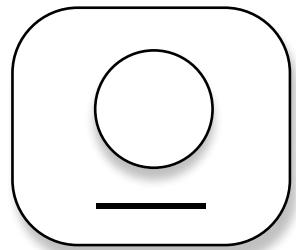
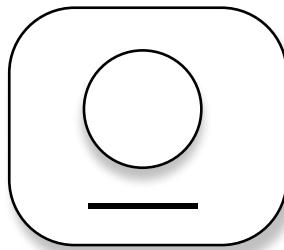
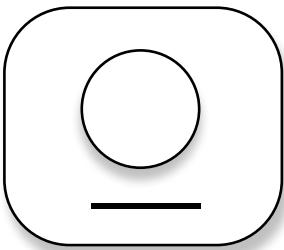
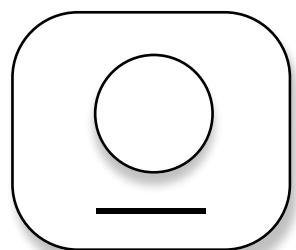
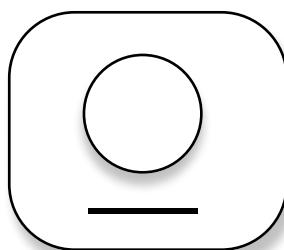
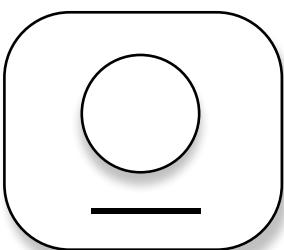
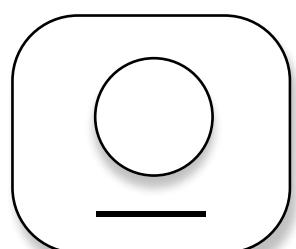
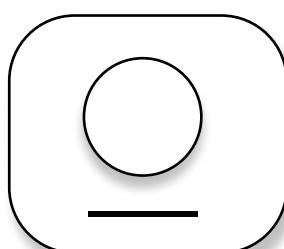
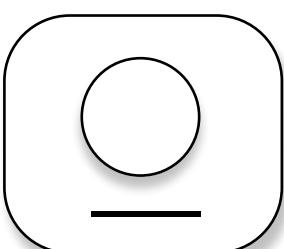
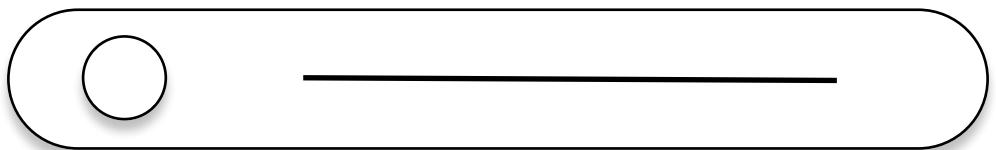
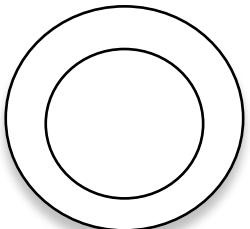
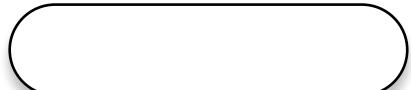
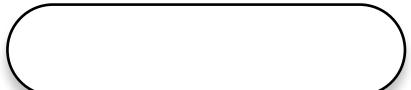
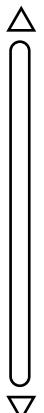
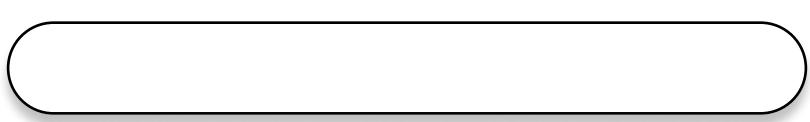
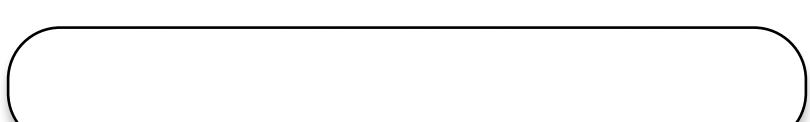
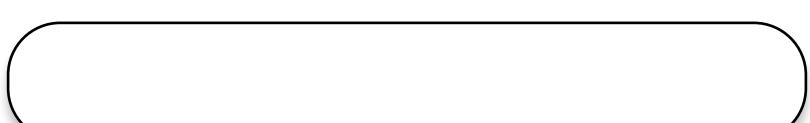
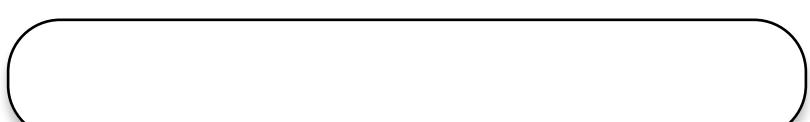
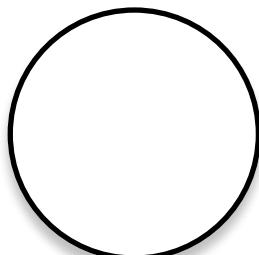
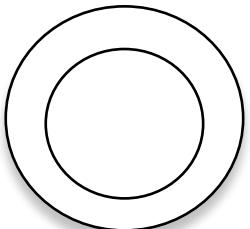


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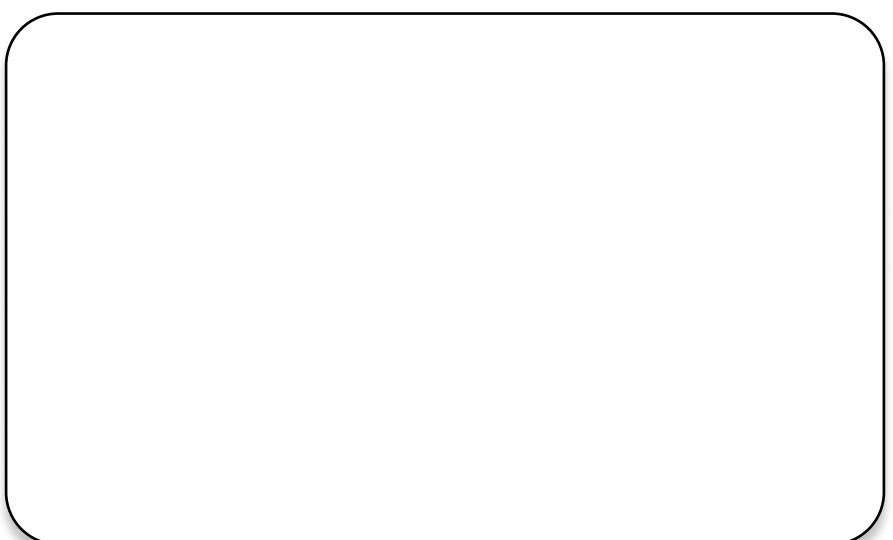




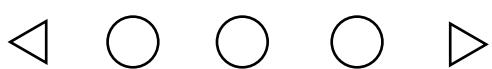
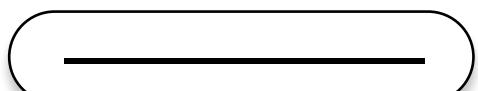
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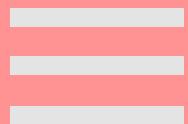
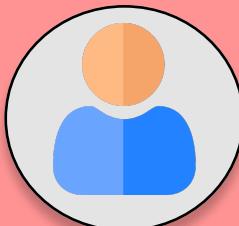


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Explorer

Recettes

Profil



Lasagne



5 (20 vues)

Difficulté : Moyenne



Frites



4,5 (30 vues)

Difficulté : Facile



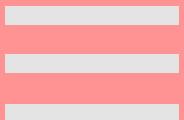
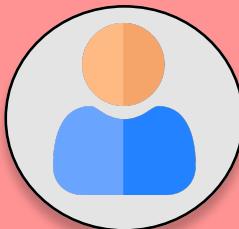
Hamburger



4,7 (30 vues)

Difficulté : Facile





Rechercher...



Viandes



Légumes



Poissons



Champignon



Fruits



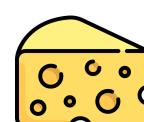
Café



Chocolat



Miel



Fromage



Pâtes



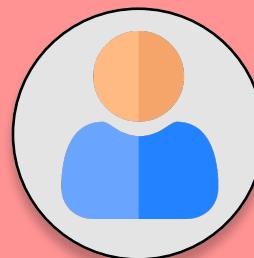
Salade



Crevette



Profil Utilisateur



Nom : Doe

Prénom : Jane

Email : Jane.Doe@hotmail.com

Date de naissance : 22/11/1963

Recettes enregistrer

Spaghetti bolognaise

Brownie au chocolat

Frites maison

Historique de navigation

Cake au thé vert Matcha

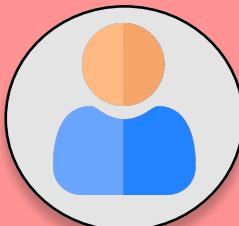
Riz cantonais

Nems croustillant au poulet

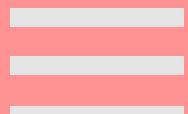
Modifier le profil

Déconnexion





Ajouter une recette



Nom de la recette

Tartare de saumon

Ingrédients

- 2 Pavés de saumon
- 2 Cuillière à café de jus de citron
- 2 Cuillière à soupe d'huile d'olive
- Sel / Poivre
- Crème fraîche
- Herbe fraîche au choix

Préparation

- Hacher les pavés de saumon au couteau en formant des petits cubes.
- Placer les petits dés de saumon frais dans un saladier ou un bol et ajouter l'huile d'olive, la sauce soja et le jus de citron.
- Assaisonner légèrement en sel et poivre.
- Pendant que le saumon mariné au frais, mélanger la crème fraîche ou le yaourt avec 2 cuillères à café de jus de citron et les herbes fraîches ciselées. Placer au frais.

Publier