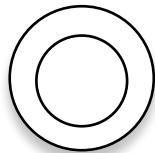
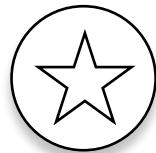
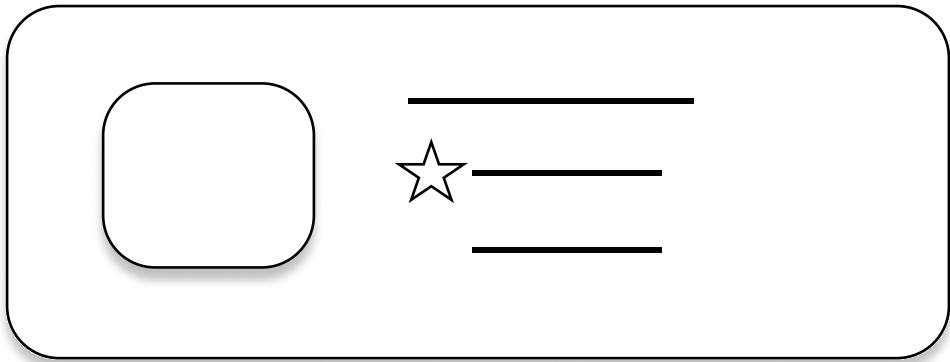
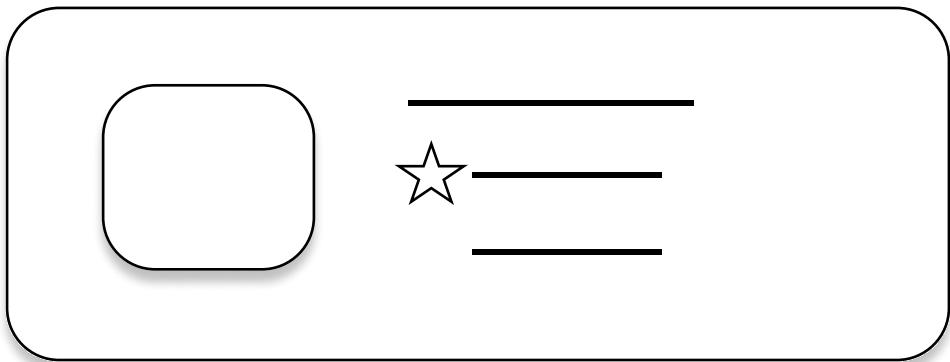
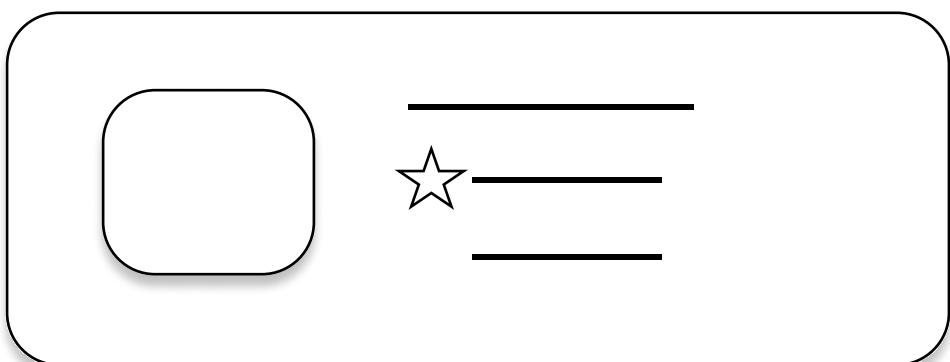
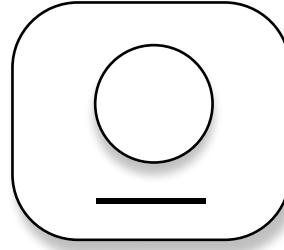
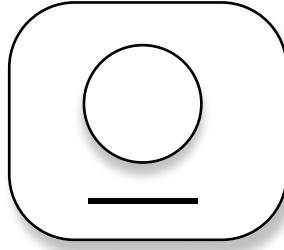
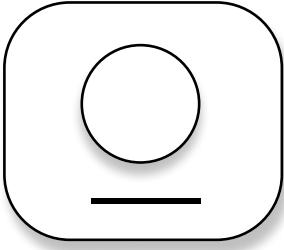
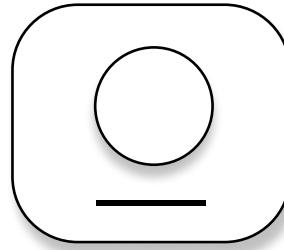
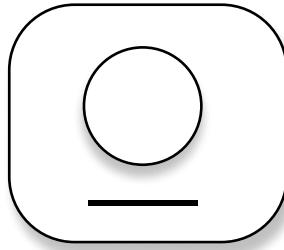
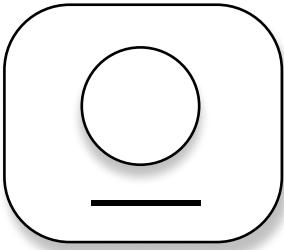
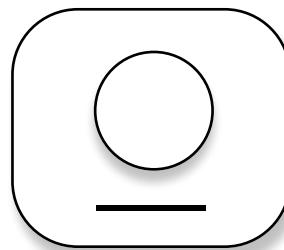
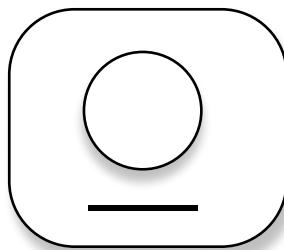
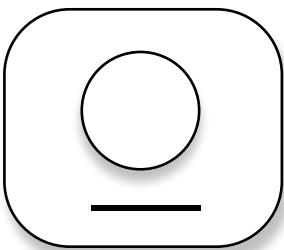
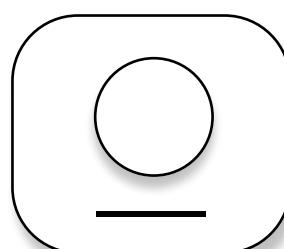
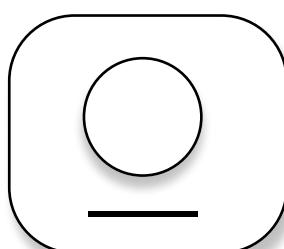
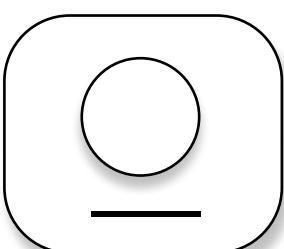
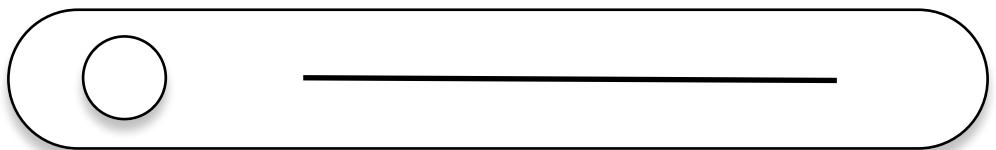
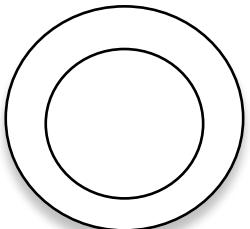
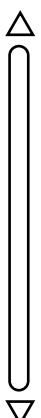
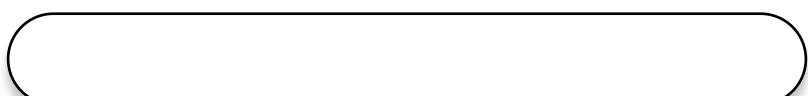
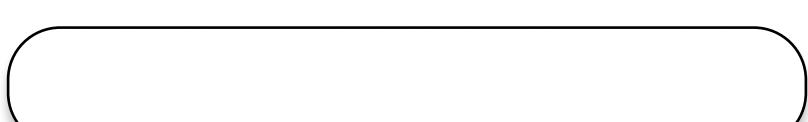
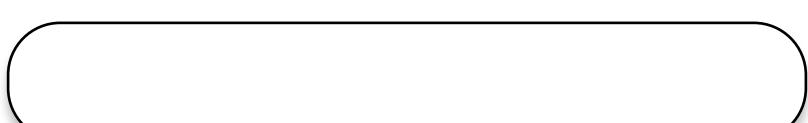
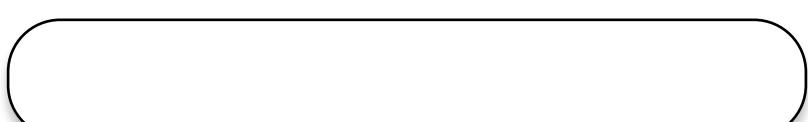
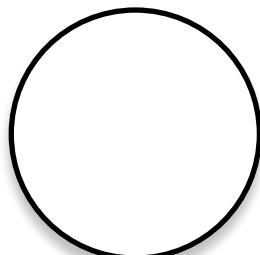
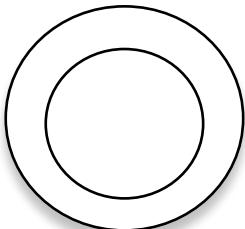


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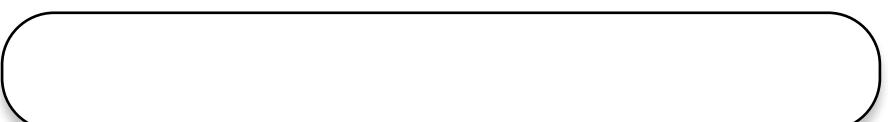




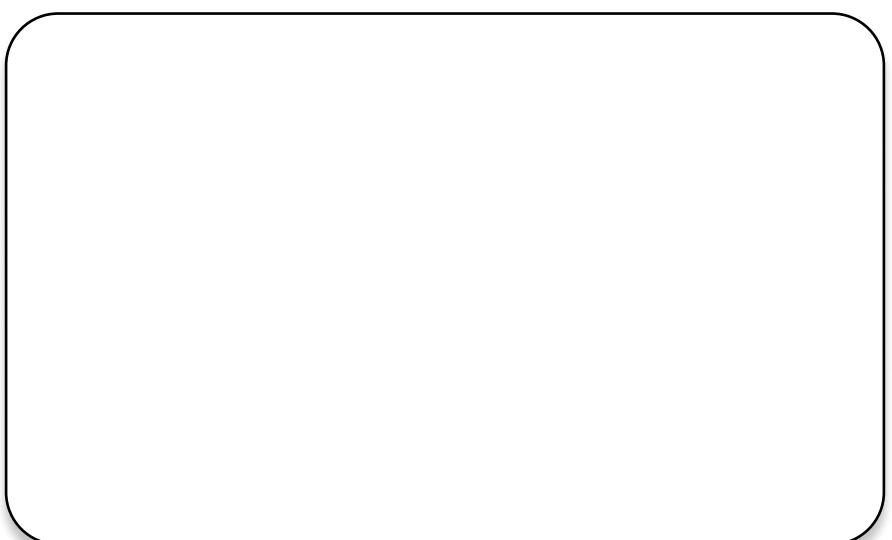




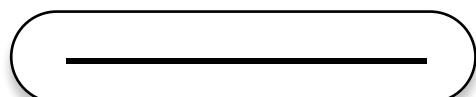
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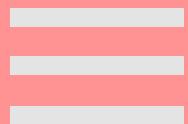
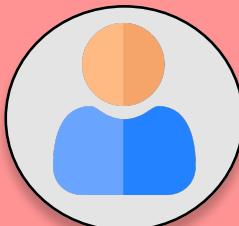


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**Explorer**

**Recettes**

**Profil**



**Lasagne**



5 (20 vues)

Difficulté : Moyenne



**Frites**



4,5 (30 vues)

Difficulté : Facile



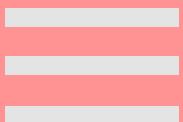
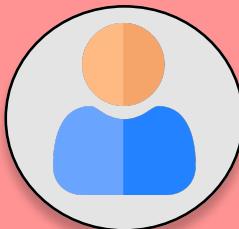
**Hamburger**



4,7 (30 vues)

Difficulté : Facile





Rechercher...



Viandes



Légumes



Poissons



Champignon



Fruits



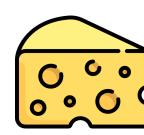
Café



Chocolat



Miel



Fromage



Pâtes



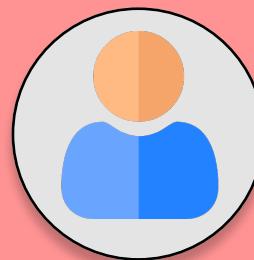
Salade



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

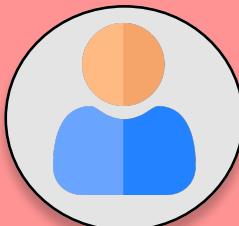
Riz cantonais

Nems croustillant au poulet

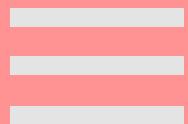
Modifier le profil

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**

