

Martes

Ensalada completa

Ingredientes:

- Lechuga
- Tomate, aguacate, maíz, zanahoria rallada (verduras al gusto)
- Merluza
- Vinagreta: yogur, mostaza, aceite, vinagre y especias

Preparación:

1. Corta todas las verduras.
2. Cocina los filetes de merluza con un poco de aceite hasta que estén bien hechos, desmenúzalos y añade a la ensalada.
3. Añade vinagreta al gusto.



Recetas Fáciles A La Carta

Katrin Zwirglmaier



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