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QimiQ AVANTAGES

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moyen

INGRÉDIENTS POUR 10 PORTIONS

1 kg

4 Vollei(er)

60 ml Huile d'olive

90 g Concentré de tomates

Sel

Noix de muscade

100 g

35 g Oignon(s), coupé en petits dés

15 g Ail, coupé en petits dés

200 g Spinat, frisch, haché

250 g Feta, émietté

2 Jaune(s) d'œuf

50 g Sbrinz, râpée

20 g Pinienkerne, getoastet

20 g Chapelure

Sel

Poivre

5 g Pernod [Anislikör]

Noix de muscade, moulues

Pesto de basilic

Feta

PRÉPARATION

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