

**QimiQ VANTAGGI**

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semplciment

**INGREDIENTI PER 10**

**125 g** QimiQ Classic,  
**200 g** Filetto di maiale o petto di pollo,  
**100 g** Spinaci,  
**4 g** Sale  
**10 g** Succo di limone  
**4 cl** Pernod [anisetta]  
Coriandolo, secco,  
**600 g** Filetto di lucioperca, enthäutet  
**200 g** Filetto di sallmone, enthäutet

**500 g** QimiQ Sauce Base  
**200 g**, eingeweicht  
**200 g** Lenticchie di montagna, eingeweicht  
**100 g** Cipolla rossa (Cipolle rosse),  
**50** Olio d'oliva  
**40 g** Aglio,  
**250** Vino bianco  
**500** Aqua  
**80 g** Porro,  
**80 g** Carota gialla,  
**160 g** Melanzana,  
**120 g**,  
Sale,  
**2 g** Pepe nero,  
**10 g** Prezzemolo,

**PREPARAZIONE**

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