



## QimiQ VANTAGGI

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semplicement

## INGREDIENTI PER 4

**125 g** QimiQ Sauce Base  
**160 g** , eingeweicht  
**160 g** Lenticchie di montagna, eingeweicht  
**60 g** Cipolla rossa (Cipolle rosse),  
**40** Olio d'oliva  
**10 g** Aglio,  
**125** Vino bianco  
**250** Aqua  
**1** Foglia d'alloro  
**40 g** Porro,  
**40 g** Carota gialla,  
**40 g** Carota (Carote),  
**60 g** Cavoletti di Bruxelles  
Sale,  
Pepe nero,  
**10 g** Prezzemolo,  
**160 g** Gamberetti, pronto da mangiare

## PREPARAZIONE

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