



Wintergemüse: Bunt, gesund & aromatisch (Unsere 100 besten Rezepte) (German Edition)

Naumann & Göbel Verlag

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Gesunder Genuss für die kalte Jahreszeit!

Wintergemüse ist nicht nur gesund, sondern auch richtig lecker! Raffiniert zubereitet und gekonnt kombiniert, versorgt es uns auch in der kalten Jahreszeit mit vielen frischen Vitaminen, liegt mit Pastinake, Kürbis, Steckrübe & Co. voll im Trend und bietet gleichzeitig jede Menge Abwechslung auf dem Tisch. Ob Snacks, Suppen, leckere Quiches, vegetarische Hauptgerichte oder Rezepte mit Fisch, Fleisch und Geflügel: In diesem eBook finden sich viele tolle Rezeptideen für jeden Geschmack und jeden Anlass, von der Apfel-Speck-Quiche mit Oregano bis zum Rinderrollbraten mit Rotweinlinsen. So bunt kann der Winter schmecken!

- Über 100 abwechslungsreiche Rezepte mit saisonalen Produkten, mit und ohne Fleisch, vom Snack bis zum Hauptgericht
- Vitaminreich durch den Winter mit Kürbis, Rosenkohl, Chicoree, Wirsing & Co.
- Jedes Rezept mit brilliantem Foodfoto und leicht verständlicher Schritt-für-Schritt-Anleitung

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