



Mug Meals

By Nina Engels

Naumann Und Goebel Jan 2016, 2016. Buch. Condition: Neu. Neuware - Mug's dir einfach! Sie haben Lust auf einen leckeren kleinen Snack, aber bitte möglichst unkompliziert, ohne Töpfe, Pfannen und Abwasch Dann ist dieses Buch genau das richtige für Sie! Hier kommen die Mug Meals, kleine komplette Gerichte, die fix direkt in der Tasse zubereitet werden und nach kurzer Zeit in der Mikrowelle servierfertig sind. Von süßen Frühstücksideen und herzhaften Snacks über bunte, vegetarische Mug Meals bis hin zu Leckerem mit Fleisch & Fisch: Hier ist für jeden etwas dabei! Probieren Sie unseren Low-Carb-Quark-Auflauf mit Früchten, einen herzhaften Tomaten-Schafskäse-Snack mit Kräutern, gefüllte Paprikaschoten mit Linsen, ein raffiniertes Frühlingszwiebelrisotto mit Ziegenfrischkäse, exotisches Garnelencurry mit Kokossauce oder thailändische Chicken Mug mit Chili und Erdnüssen: Sie werden von unseren neuen Rezeptkreationen begeistert sein! - Mug Meals, das sind kleine komplette Gerichte, die fix direkt in der Tasse zubereitet werden und nach kurzer Zeit in der Mikrowelle servierfertig sind. - Ausführliche Einleitung und leicht umsetzbare Tipps zum Einstieg in das Trendthema Mug Meals - Über 40 köstliche Rezepte für Frühstück, Snacks und Hauptgerichte - Jedes Rezept mit brillantem Foto und ausführlicher Schritt-für-Schritt-Anleitung 96 pp. Deutsch.



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